

Your Baby and Mine
The Edmonton Bulletin

Edmonton Bulletin

Weather
Today and Sunday—Fair and cold tonight; cloudy and warmer tomorrow.
Sun rises Sunday 8:33. Sets 7:03. Light up vehicles by 7:25; light up aircraft by 19:33 hours.
Edmonton Temperatures—Friday, maximum, 35; Saturday, minimum, 15 below. Estimated high today, 7 above; estimated overnight low, 10 below; estimated high tomorrow, 20 above.

SIXTY-FIFTH YEAR

4 Sections — 64 Pages

EDMONTON, ALBERTA—SATURDAY, FEBRUARY 24, 1945

Telephone 26121

SATURDAY 10 CENTS BY CARRIER

Americans 19 Miles From Cologne

Minister Unanimous Convention Choice

Honorable James A. MacKinnon Named West Edmonton Candidate At Enthusiastic Liberal Rally

Here on Monday

Large Number Albertans Back From Overseas

A large number of Edmonton officers and other ranks are with one of the largest groups of Canadian Army personnel returning from overseas to date expected in Calgary Monday morning and may reach this city Monday night on the CPR train to arrive here at 11:05 p.m.

Edmontonians are:

Lt. Lloyd Abram, son of Mrs. J. M. Abram, 10845 80 avenue; Lt. W. M. Grant, husband of Mrs. Ruth Grant, 10004 111 street; Lt. W. A. Law, son of R. B. Law, 40 St. George's Crescent; Lt. A. J. Steeves, husband of Mrs. A. J. Steeves, Edmonton; Pte. C. R. Guest, son of Mrs. H. M. Guest, 11039 126 street; Pte. A. E. "Antle, husband of Mrs. R. Mantle, 9736 76 avenue; Pte. F. MacKay, husband of Mrs. A. I. MacKay, 9810 85 avenue; Capt. F. N. Baker, son of Mrs. J. D. Baker, 11058 85 avenue; Lt. G. H. Clements, son of Mrs. A. O. Clements, 11128 64 street; Capt. C. H. Rennie, father of Miss B. Rennie, 10336 117 street; Maj. W. Rorke, husband of Mrs. W. Rorke, 10872 81 street.

OTHERS FROM CITY

Capt. J. S. Speakman, 10126 78 street; Pte. F. Bentley, RR No. 1, Edmonton; Sgt. L. Burgess, 10227 103 street; Cpl. W. Carruthers, 12512 68 street; Pte. J. Cormack, 5709 120 avenue; Cpl. W. Watt, 9522 102 avenue; Pte. C. Wilkins, 10313 95.

Continued on Page 2, Col. 5

Unconfirmed

Koenigsberg's Fall Reported By Paris Radio

By ROBERT MUSEL

LONDON, Feb. 24.—(BUP)—The Paris radio broadcast an unconfirmed report of doubtful authenticity today that the German army had evacuated Koenigsberg, capital of East Prussia.

A Paris broadcast said the garrison of beleaguered Koenigsberg had pulled out, "leaving the population to their fate." Two days ago Moscow said the Germans had opened a corridor through the Soviet siege lines to the Baltic port of Pillau.

The fall of Koenigsberg would mean the near-completion of the Red Army campaign in East Prussia, where it trapped an estimated 200,000 German troops.

TO SPEED DRIVE
The fall of encircled Poznan, last enemy-held city in Poland, was expected to speed a Soviet smash across the Oder river on a broad front toward the doomed Nazi capital, 20-odd miles to the west.

The reduction of Poznan was Continued on Page 2, Col. 5

Hopes Red Army Is in Berlin First

NAGARA FALLS, Ont., Feb. 24.—(CP)—Labor Minister Mitchell yesterday told a service club here that he hopes the Russians get to Berlin "before we do because we might treat it like a football match and give three cheers for the losers and three cheers for the winners and lay the foundation of another war."

It Says Here

by Bob Hope

HOLLYWOOD, Feb. 24.—If an army travels on its stomach our side is doing all right in Germany. The Russians are chewing up Frankfurt, the Allies will soon be gobbling up Hamburg, and the rest of Naziland is being barbecued by our air forces. The Germans are finally playing on their home ground. But any baseball fan knows that doesn't mean anything with the Yankees coming up to bat. Yes sir, those Helms are getting packed in so tightly Goebbels doesn't need the radio for his propaganda any more. A megaphone will do it. The big push is on from the east and west. The Germans are being squeezed in so the Nazi leaders can't raise their arms any more to stab each other in the back. Those Russian Generals—Mokosovsky, Malinovsky, and Vassilevsky. They're the boys with the "skis," but as far as they're concerned Germany is no Lake Placid. What names! One Russian general started to sign his autograph in Moscow and ran out of ink in Warsaw.

BOB HOPE



HON. JAMES A. MACKINNON

Seen as Proof

9 By-Elections Cancelled: Sign Election Coming

OTTAWA, Feb. 24.—(CP)—Cancellation by the government of nine federal by-elections scheduled to be held April 23 was regarded in capital political circles today as conclusive proof that there is no intention to extend the life of parliament beyond April 17, the date upon which the five-year parliamentary term ends.

Notice of the cancellation appeared in The Canada Gazette yesterday under the signature of Jules Castonguay, chief electoral officer, and it explained that parliament would be dissolved before April 23 and any expense involved in preparing for the by-elections would be unnecessary.

NINE RIDINGS
The by-elections were to have been held in Montreal St. James, Beauce, Kamouraska, Portneuf, St. Hyacinthe-Bagot, Terrebonne and Sherbrooke, all Quebec province constituencies, Kenora-Rainy River.

Continued on Page 2, Col. 4

Mr. Cora T. Casselman, M.P., member for Edmonton East, was also cheered loudly when brought to the platform by Mr. MacKinnon. The latter said that in everything done to assist the people of Edmonton, Mrs. Casselman had joined with him at Ottawa.

Introduced to the meeting were J. W. Wellbourn and Cliff Saville, Liberal candidates nominated for the ridings of Jasper-Edson and Battle River, respectively.

EXPRESSIONS OF CONFIDENCE
Resolutions expressing complete confidence in the leadership of Prime Minister Mackenzie King, the war record of the Liberal government and in the ability of Hon. James A. MacKinnon were read and endorsed unanimously.

Miss Mary Scullion, president of the Twentieth Century Liberal club, seconded the nomination of Mr. MacKinnon.

The following officers were elected by the West Edmonton Liberal Association: President, Col. H. A. Dyde; vice-president at large, Neil D. Maclean, K.C.; vice-president south, N. McCannell; vice-president west, Miss Laurette Carrigan; vice-president, country, F. Turnbull; treasurer, A. J. McCormack.

Partial text of Mr. MacKinnon's speech was as follows: "I deeply appreciate the generous welcome you have given me. For many years now I have had the privilege of serving Edmonton West and Alberta in Ottawa. During these years I have come to value one honor above everything else—the confidence and regard of many people in this city and district. It has always been my conviction that a member of Parliament should be in constant touch with all the people whose representative he is. I think it may be said with justice that I have always tried, to the best of my ability, to remain faithful to this ideal of public service."

Hitler concluded: "I predict the final victory of the German race."

5th Army Repels German Attacks

Exclusive to The Edmonton Bulletin
ROME, Feb. 24.—(BUP)—Fifth Army forces beat off repeated German counter-attacks and held firmly today to newly-won peak positions in the Apennines southwest of Bologna.

Headquarters announced today that a new contingent of Brazilian ground troops had arrived in the Italian theatre of operations.

No changes were reported on the remainder of the Italian front. Planes of the Mediterranean Allied Air Force carried their assaults on enemy communications into the 11th consecutive day with an all-out attack on freight yards in Austria and Northern Italy.

Cabinet Minister Is Leaving For Ottawa

Because Prime Minister Mackenzie King has urgently requested his presence at an important cabinet meeting in Ottawa next Tuesday, Hon. James A. MacKinnon, minister of trade and commerce, has cancelled a speaking engagement to address the Vancouver Board of Trade in the coast city next Wednesday.

Mr. MacKinnon will leave for Ottawa Saturday night after attending the convention in the Masonic Temple Friday night where he was nominated to contest the riding of Edmonton West in the next general election.

Plans to spend a few days in Edmonton were also cancelled as the result of the cabinet meeting. Mr. MacKinnon said he believed the meeting was to deal with important matters of agricultural policy.

Expect Attacks
LONDON, Feb. 24.—(Reuters)—The German DNB Agency said last night that British and Canadian formations were regrouping and massing great reinforcements at Goeh to resume their break-through attacks at the northern end of the Western Front.

Bulletin's Seventh Annual Cook Book With Today's Issue
Readers are treated to another special feature this week in the form of THE EDMONTON BULLETIN'S 7th Annual Cook Book, which is included as a fourth section of today's paper. Hundreds of low cost tested recipes will make a very interesting guide for Alberta's modern wartime housewives. Turn to section four of this edition for your Cook Book.

Sweep Beyond Shattered Roer Line; Canadian Army Fights Into Calcar

By BOYD D. LEWIS
Exclusive to The Edmonton Bulletin

PARIS, Feb. 24.—(BUP)—American tanks and infantry drove two to 3 1/2 miles beyond the shattered Roer river line on a 22-mile front today in an offensive that pushed the Germans back within 19 miles of Cologne and the Rhine.

For Servicemen

City Will Get 400 Homes

Four hundred houses will be erected in Edmonton for the exclusive occupancy of members of the armed forces and their dependents, and Friday afternoon the city council unanimously adopted a resolution covering an agreement with Wartime Housing Ltd., a crown company, and the City of Edmonton under which the dwellings will be built.

The houses will be of frame construction on solid concrete foundations and will include central heaters, hot water tanks, bath tubs, wash basins, sinks, toilets, light fixtures and blinds.

The cost of each house is estimated at \$3,000 to give a \$1,200,000 home-building project under the agreement. However, only 200 of the homes will be proceeded with at first, with the construction of the other 200 to be undertaken later as the demand increases.

Several aldermen expressed the opinion that as the concrete foundations of the homes were to be sunk below the frost line that it would be little added expense to construct full basements. Mayor John W. Fry intimated that the officials of Wartime Housing Ltd. had rejected this suggestion.

OFFERS SUGGESTION
Ald. Sidney Parsons suggested that concrete frames be placed in the concrete work so that they can be easily knocked out if subsequent purchasers of the homes decided.

Continued on Page 2, Col. 2

Held Near Manila
24 of Released Civil Internees' Names Revealed

OTTAWA, Feb. 24.—(CP)—The Department of External Affairs today released the names of 24 persons who were among the prisoners released by American troops from the Santo Tomas internment camp near Manila.

The list included the names of 16 Canadians and of eight persons with relatives in Canada. Next of kin of the 24 have been notified. The names were received through the United States government and further lists were expected, the department said. The names of other persons released from the camp will be made public as soon as next of kin have been notified.

NO LOS BANOS LIST
The department said it had no list showing any Canadians interned at the Los Banos camp, which was liberated yesterday by Allied forces advancing in Manila. The available lists were more than a year old and mentioned only that such and such a person was interned in Manila.

A news dispatch from Manila said that 96 Canadians were among those liberated from the Los Banos camp.

Arrangements for the repatriation of the liberated internees will be announced later, the department said.

LIST OF NAMES
Included in this list (with next-of-kin were):
David H. Scott, Mr. and Mrs. C. J. Scott (parents), Haney, B.C.
John A. McCuish and wife, Virginia, Murdoch McCuish (father), Dawson, Y.T.

NON-CANADIANS WITH RELATIVES IN CANADA
Norah J. and Judith W. Boniface, Mrs. Abel Taylor (grandmother), Vancouver.
Frances Costain, Mrs. William Mahon (mother), Victoria, B.C.
Frances L. Mabers, Muriel Auster (sister), Regina, Sask.
Dorothy E. Main, George Blundell (grandfather), Victoria, B.C.
Doris M. Hark, Gilbert Martin (uncle), Winnipeg.

Vets in Hospitals Entitled to Vote

OTTAWA, Feb. 24.—(CP)—Veterans Minister Mackenzie King announced today that an order-in-council has been passed providing that discharged war veterans being treated in Canadian hospitals will be entitled to vote in the next general election.

Provision had already been made for veterans in service hospitals to vote but it was found that when they were discharged from strength and entered either a veterans affairs or civil hospital they were not enfranchised.

Mr. Mackenzie said the new regulations not only permitted them to vote, but created the necessary electrical machinery for collecting the ballots.

He also said the right to vote was granted to the hospitalized veterans irrespective of age. "As in the case of serving members of the forces, those under 21 are not disfranchised by age."

The Bulletin's Traffic Scoreboard

DEATHS (Per Year)	Weekly Edmonton Traffic Toll	Days Since Last Death
1944 1945	Injured Deaths	
7 2	2 0	36

Smash Railways

1,100 Bombers Raid Targets Inside Reich

LONDON, Feb. 24.—(CP)—More than 1,100 United States heavy bombers swarmed over northwest Germany today in a series of flaming attacks on rail yards, oil refineries and submarine bases, as the record Allied aerial offensive continued unabated into its 12th straight day.

In support of the mighty new Allied offensive, rail targets behind the western front were attacked heavily as the airmen kept up their knockout effort against the German transportation network launched two days ago.

Bombers also attacked U-boat pens at Hamburg and Bremen and oil refineries at Hamburg and at Muehlen, near Hannover.

RAIDS FROM ITALY
While this broadside was under way, Italy-based United States heavy bombers belted German communications for the 12th consecutive day, hitting the Great East road on the main line from Yugoslavia to Vienna and Klagenfurt, just north of the Yugoslav border.

Tactical air force bombers in swarms smashed at German front-line positions in support of the ground forces in the west.

As a result of the almost continuous hammering by close to 20,000 planes since last Thursday, Germany's Spiderweb rail network was reported in complete chaos.

Planes which made low-level inspection flights over hundreds of miles of the blasted rail systems reported traffic at a complete standstill. Wreckage is piled high in the major yards.

It was estimated by competent observers that at least 3,000 locomotives and 7,000 freight cars have been shut out of circulation since Thursday night.

RAID VITAL JUNCTION
A force of 300 to 500 B-29 and B-24 bombers last night stacked Ploesti, northeast of Koenigsberg, and an important junction on the main line to the U.S. and Army front. Crews reported dropping saturation loads of high explosives on the vital junction for German supply movements. The Moon, Moon, Moon, tonight and tomorrow, thousands of squadrons of the B-29 took part and all planes returned safely.

Yesterday for the first time in about two months, RCAF heavy bombers operated in daylight when they pounded the Krupp armaments works at Essen. They were escorted by Mustangs and Spitfires in their concentrated attack with the RAF.

CASUALTIES MOUNT
"Conditions on the beaches are generally improved, and the unloading of general cargo is proceeding," the communiqué reported.

Casualties mounted steadily on both sides in the bloodiest fight. Continued on Page 2, Col. 1

Japanese Forces Drive on Airport

CHUNKING, Feb. 24.—(BUP)—Japanese forces have launched a two-pronged offensive against the American air base at Chunking in western Hunan province, a communiqué reported today. Further east, Chinese troops recaptured Lankwa in western Kiangsi province.

Prisoners Going To Middle East

CADIZ, Feb. 24.—(Reuters)—Two thousand six hundred and sixty-one liberated British Commonwealth prisoners of war now at Odessa, Russia, will come to the Middle East to be sorted out before being sent on to their homes. They are expected in the Middle East in March and there will be a careful examination to ensure that the Germans have not concealed spies among them.

Pope Improved

LONDON, Feb. 24.—(Reuters)—Though the Pope's health has not yet proved, his condition does not yet allow him to resume his usual activities. Vatican radio said last night. The Pope has been suffering from influenza.

56 Canadians

2,146 Civilians Freed In Daring Air-Sea Raid

By R. D. QUIGG
Exclusive to The Edmonton Bulletin

MANILA, Feb. 24.—(BUP)—American paratroops and Filipino guerrillas have rescued 2,146 Canadian, American and other Allied civilians in a daring air, sea and land raid on Los Banos internment camp, 34 miles southeast of Manila, Gen. Douglas MacArthur announced today.

The internees comprised 1,589 Americans, 329 Britons, 56 Canadians, 89 Dutch, 27 Poles, 10 Norwegians, 15 Italians and one Nicaraguan. Men, women and children were rescued.

The raid was carried out at dawn yesterday by 1,200 American troops and 200 guerrillas. Striking 25 miles behind the enemy lines, the raiders killed the entire Japanese garrison of 243 men and burned their barracks. The camp was situated in hills overlooking the southern shore of Laguna Bay.

American losses were two killed and two wounded in addition to two internees slightly injured. The Los Banos camp was the last of the large Japanese prison establishments on Luzon. Since Jan. 20, MacArthur's forces have rescued 14,789 Allied soldiers and civilians from Japanese prisons and internment camps in five separate operations. The internees included priests, nuns, ministers, government employees and Manila business men.

A Letter from Home!



The four senior officers responsible for defence projects in Northwest Canada are pictured at one of the pumping stations on the Canol pipeline during a tour of inspection of the line which they made last week. Left to right, they are: Brig-Gen. Dale V. Gaffney, Commanding General, Alaskan Division, ATC, USAAF; Brig-Gen. Frederick S. Strong, Commanding General, North West Service Command; Air Vice-Marshal T. A. Lawrence, Air Officer Commanding, North West Air Command, RCAF; and Maj-Gen. W. W. Foster, CMG, DSO, VD, Special Commissioner for North West Defence Projects.

Regulations forbid individuals sending newspapers overseas. The Edmonton Bulletin prints the news of the week in letter form. Clip it out and send it to your loved ones and friends.

Dear

This has been a week of unusual activity here. The main event of the week was the opening of the first session of Alberta's tenth elected legislature. This was preceded by a two-day caucus of Social Credit members. In addition, the magnificent new Colonel Mewburn Pavilion of the University hospital was opened, and this will provide accommodation for 250 additional soldier-patients of the Great War of 1914-1918 and the present conflict.

Over and above these outstanding events were numerous other activities, including a dinner by the Rotary Club in observance of the 40th anniversary of the founding of Rotary International, and the 29th anniversary of the establishment of the Edmonton Club, and an agricultural short course which drew a large attendance.

The cold spell was broken, and spring-like weather has been prevailing for the last few days. Here are some details on events of the week.

February 19

While victory is assured there is much tough fighting to be done in Europe before the Germans are finally defeated. This is the consensus of views expressed by a group of Canadian Army officers, NCO's and men who have arrived here on rotation leave, for assignment to new duties, and as a result of triple wounds.

Approximately 500 additional home units will be provided here to meet the serious housing situation, according to Hon. James A. MacMillan, MP for Edmonton West and minister of trade and commerce. The minister will open the new Colonel Mewburn Pavilion, the soldiers' hospital on the South Side, and will attend an Edmonton West nominating convention at the Masonic Temple on Friday night.

Smashing a large plate-glass window in the Birks Jewelry store, Jasper avenue and 104 street, about 3:45 a.m. Sunday, thieves scooped up jewelry valued at about \$1,000 from a show window and fled hastily, according to city police. Three persons are said to have been involved.

That a veterans' reconditioning centre be established in Western Canada similar to that now operating at Ottawa, was urged in a resolution passed unanimously at the monthly meeting of the Edmonton Branch No. 24, Canadian Legion, B.E.S.L., at the Memorial hall. Physical therapy and special mental treatment is provided veterans at the eastern centre, and excellent results have been obtained.

Trailing 2-1 well into the opening period, Edmonton Athletic Club counted four goals in less than five minutes, and then went on to defeat Maple Leafs 7-5 in the first of their two-game semifinal series at the Arena. Maple Leafs came through to score a 2-1 victory over Edmonton Athletic Club at 119 street rink in the second contest of a two-game total-goal City Juvenile Hockey League semi-final, but lost the series by two markers. EAC took the opening 4-0.

On account of shortage of certain essential materials, due to the war, construction of the \$75,000 addition planned for the Memorial hall will be delayed, according to Legion officials.

Maj. Ray McLeary, senior chaplain of the 3rd Canadian Division and former assistant boys' work secretary at the Edmonton YMCA, visiting the city on leave at the week-end, said that Canadians serving overseas are in fine fettle. "They are tops and are welcome no matter where they go," he said.

February 20

Capital expenditures amounting to approximately \$20,000,000 were made by the Dominion government from the outbreak of war to Dec. 31, 1944, in developing the Edmonton and Napanee airports, according to Hon. James A. MacMillan, minister of trade and commerce and MP for Edmonton West. Of the total \$12,670,121 was spent on the Edmonton airport and \$7,326,927 on that at Napanee.

Canadian and United States commanding officers in charge of war projects in North West Canada have returned after completing the first joint tour of the 700-mile Canol pipeline road between Whitehorse, Y.T., and Norman Wells on the Mackenzie river. The Canol road is one of the outstanding engineering feats of the war, making motor vehicle traffic possible over stretches of country never before traversed by the white man.

D. E. Mould was re-elected by acclamation as chairman of the Edmonton Citizens' Rehabilitation Council, at the second annual meeting held at the Public Library. J. T. J. Collinson, KC, and Guy Greenwood were elected as vice-chairmen.

Edmonton Athletic Club won the City Junior Hockey League semi-final with three counters to spare by defeating Maple Leafs 5-3, in the second of two play-off games at the Arena. The victory, coupled with a 7-5 triumph on Saturday, gave the EAC squad the total-goals-to-count series by 12-8. EAC will meet Canadians, winning team in the regular league schedule.

Jim Lemke was pace-setter in the singles division of the annual Edmonton 10-Pin Bowling Association tournament now in progress. He rolled up a score of 645.

Ted Christy of Hollywood, and his fellow-Californian Lee Grable, grappled and wrestled to a draw, partly in the ring and with extra-ring activities confined almost exclusively to unvarnished belting, in the main attraction at a wrestling extravaganza at the Empire theatre. Each had gained a fall in more or less orthodox manner, and then after a hectic three minutes inside the enclosure, the big boys continued their little affair far from the restraining influence of the ropes and with no declared a draw, neither contestant displaying any inclination to get back in the ring or hearken unto armistice proposals which might bring about cessation of hostilities.

February 21

Many records went by the boards in the last year at the YMCA, it was revealed in the 41st annual report. For the first time in its history the organization was reported to be entirely debt-free. This announcement was made at the annual meeting by Waldo F. Empey, president. Mr. Empey stated that 230,000 persons visited the "Y" during the year to engage in its varied activities. Bed accommodation was provided for 28,805 compared to 34,475 in 1943, which was the highest year in history.

Social and welfare agencies can play a large part in the rehabilitation of personnel of the armed forces in the post-war years, Kathleen Jackson, executive secretary of the Family Welfare Bureau, reported at the annual meeting at the Corona hotel. She said close co-operation existed between the bureau and other social welfare organizations.

Edmonton Athletic Club took a one-game lead in the best-of-three series for the City Juvenile Hockey League championship by defeating Canadians' Highland squad 8-4 in a fast contest at the Arena. Jack Meldrum, EAC centre ice flash, skated through for a total of four counters to make a valuable contribution to his team's win.

The annual convention of the provincial command Canadian Legion will be held at Calgary June 2-5, inclusive. Officials expect it to be one of the most important gatherings in the organization's history.

The Alberta government is expected to communicate immediately to Ottawa information regarding the steps it is prepared to take to implement the National Housing Act in this province, according to Hon. Lucien Maynard, KC, attorney-general.

Total of \$116,000 has been paid out to date to Alberta farmers on wool bonus for the 1944 crop, according to Hon. D. Bruce MacMillan, minister of agriculture. This is not a complete figure.

February 22

Whining bullets, and the pounding of footsteps broke the comparative quiet in the neighborhood of 101 street and 108 avenue in the early morning as two men raced from a business place they had attempted to enter, pursued by the proprietor, who fired his revolver as he ran. Louis Bury, who operates a light lunch and confectionery establishment at 10814 101 street, heard the men break glass in his front door. He grabbed his revolver and rushed to the spot and opened fire. The men fled with Bury on their heels. He failed to hit them and they proved speedier afoot than he. Search for them is continuing.

J. G. Nickerson, manager of The Royal Bank of Canada main branch here, was re-elected president of the Northern Alberta branch of the Navy League of Canada at the annual meeting held at the Macdonald hotel.

The City of Edmonton Industrial Development Board, including representatives of the Chamber of Commerce, the City Council, and Labor, will come into being if the City Council adopt a recommendation of its finance committee.

Despite wartime restrictions Alberta farmers purchased almost record amounts of farm machinery during 1944, Prof. E. A. Hardy of the agricultural engineering department, University of Saskatchewan, said here in addressing an agricultural short-course. He said that in 1944, 1,442 combines were purchased and more than 4,000 tractors.

Goalie Don Murray earned his first shutout of the season as Canadians swept to a convincing 8-0 victory over Edmonton Athletic Club in the first game of a best-of-five series for the City Junior Hockey League championship. Canadians maintained an almost ceaseless offensive and at the end of the second period held a 6-0 lead.

Maple Leafs yielded a goal in the first period, but turned on the pressure in the other two frames, and with Ken Watson netting three goals, trounced Edmonton Athletic Club 12-1 by the score of 8-1 in the opening game of the City Midget Hockey League final at the 119 street rink.

February 23

The Social Credit government of Alberta is committed by an overwhelming majority to obtain economic freedom for people of the province and this battle for freedom is to continue with renewed vigor, according to Mrs. Rose Wilkinson (SC-Calgary) in moving the reply to the Speech from the Throne in the Legislature. R. D. Jorgenson (SC-Pembina) seconded the motion.

Free lots for all general service military personnel who have served one year is sought in a resolution endorsed by the Edmonton Armed Services Federation at a meeting in All Saints Parish Hall.

February 24

The Veterans Volunteer Reserve is to end its work and a ceremony marking completion of its service will be held on March 31.

Everett G. Ellerton, assistant district manager of Ogilvie Flour Mills, Ltd., was elected chairman of the Edmonton branch of the Canadian Manufacturers' Association at its annual meeting at the Macdonald hotel.

Indications are that the weather is going to turn cold again.

That's all for now.

Best of everything until next week.



FEBRUARY FUR

Clearance

up to 50% off

	Regular Price	FEBRUARY CLEARANCE
Silver Fox Swagger, Heavily Furred, Ring Neck Design	\$850.00	\$550.00
Hudson Seal (dyed muskrat) No. 1 Quality, Tuxedo, Turnback Cuffs	495.00	395.00
Silver Raccoon, Choice Quality, Tuxedo Fronts	450.00	375.00
Alaska Sable (dyed skunk) Tuxedo, Turnback Cuffs	475.00	375.00
Lynx Cat Swagger, a Hurtig Creation	425.00	385.00
Hudson Seal Swagger (dyed muskrat) Trimmed, Rolling	395.00	325.00
Hudson Seal (dyed muskrat) Princess Style	395.00	325.00
Muskrat, Centre Back, Princess Style	375.00	295.00
Silver Fox Jacket	295.00	245.00
Natural Lynx Swagger	395.00	195.00
Otter Swagger	325.00	195.00
Natural Muskrat Flank, Tuxedo, Turnback Cuffs	325.00	195.00
Grey Chinchilla Rabbit Swagger	225.00	175.00
Electric Seal (dyed rabbit) Trimmed Skunk, Tuxedo Fronts	250.00	175.00
Alaska Sable (dyed skunk)	275.00	175.00
Kangaroo, Dropped Skins, Looking Like Raccoon, Tuxedo and Swagger	195.00	169.00
Natural American Opossum, Swagger, Tuxedo Fronts	185.00	95.00
Natural Blue Jar Hair Seal, Trimmed Black Electric Seal (dyed rabbit)	175.00	125.00
Persian Paw Trotteur, Brown and Grey	204.00	125.00
Electric Seal (dyed rabbit), Tuxedo Fronts	189.00	125.00
Electric Seal (dyed rabbit), Trimmed Grey Squirrel	169.00	89.00
Laskin Beaver (processed sheared lamb)	129.00	89.00
Natural Sable (skunk) Jacket	125.00	49.00
Wolf, Dyed Brown, Swagger Style	125.00	45.00
Striped Hair Seal, Swagger, Dyed Brown	100.00	35.00
Whiteface Silver Fox Choker, Double	179.00	135.00
Hudson Bay Sable Choker	125.00	65.00
Whiteface Silver Fox Choker, Single	79.00	59.00
Cross Fox Chokers, Single	75.00	45.00
Baum Marten Chokers	55.00	32.50
Persian Lamb Muff, Hobo Style, Fancy Handle	39.50	25.00
Grey Squirrel Chokers	10.50	7.50
NATURAL South American Opossum Choker, Per skin	11.50	5.50

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Edmonton's Airports

If anyone had said ten years ago that
within a decade the Dominion Govern-
ment would spend \$20,000,000 on improve-
ments at Edmonton's municipal airport and
in the construction of a new and
larger field just outside the city, he would
have been suspected of needing the atten-
tion of a mental expert.

But we didn't know then that Tojo was
about ready to start his little program to
Japan this continent and send Yamamoto
to Washington to dictate his dream treaty.
When he did open the program with the
attack on Pearl Harbor, Edmonton's munici-
pal airport became a military asset of the
Dominion and of the United Nations.

That attack made Edmonton the base
for Canadian air operations for the protec-
tion of our northern area. Even more im-
portant from the development standpoint,
Edmonton also became the key point in
United States Army operations for the de-
fence of Alaska and the creation of a
northern attack route to Japan.

Improvement of the facilities at the
municipal airport and the making of the
larger port outside the city followed as logi-
cal necessities. The Japanese threat was
too real and too serious for half-way mea-
sures. There had to be accommodation here
for planes of any size and in any number.
That accommodation is now "in being."

It may be that military operations over
the northwestern route are now at the
peak. But perhaps they are not. In either
case, the facilities are here, are handling a
tremendous traffic and capable of handling
an indefinitely greater traffic, involving
bigger planes and bigger air fleets than we
have yet seen. Ignoring their future peace-
time use, Edmonton's airfields are one rea-
son why Tokyo cannot win its war.

If these fields had no prospective use-
fulness whatever in the days of peace, Cana-
da's \$20,000,000 were well spent. For they
blocked Japan's northern invasion
route to the heart of this continent, and
converted that route into an avenue of at-
tack for Allied forces.

The Cross of Compassion

On the fifth day of March the most po-
tent volunteer army in the world will begin
its 1945 offensive. It will not go out with
machine gun and grenade to capture any
defended sector. Its objective will be the
hearts of the people of Canada and its only
weapon will be the magic of two words that
are revered wherever kindness and gen-
erosity are honored.

These two words are "Red Cross."
On this day the Red Cross will open
its campaign for a minimum of ten million
dollars wherewith it may carry on for an-
other year that constantly expanding task
of bringing mercy and tenderness to a
world at war.

In launching this offensive upon the
good will of the Canadian people, the Red
Cross will evoke many warm and pleasant
memories. For there is hardly one person
of this Dominion to whom the Red Cross
does not symbolize some act of kindness.

To those thousands of our young men
held in the prison camps of the enemy
throughout the world it means protection,
parcels from home, and what is most im-
portant of all, the knowledge that they
have not been forgotten.

To wounded Canadians on the battle-
fields it means healing and succor. It
means that saving flow of blood plasma
which marks the difference between life
and death. It means contentment, comfort
and freedom from pain.

To the many lonely women of Canada it
stands in the guise of a guardian angel
watching over the life and fortunes of a
husband who has gone to fight that the
homes of this country might be secure.

So far as Alberta is concerned, the Red
Cross has identified itself in a particularly
gracious and intimate way with the life of
every community. The ablest men and
women in every walk of life have held it
a privilege to be associated with its activi-
ties. And those activities are so varied and
multitudinous that one marvels at the recita-
tion of them.

The training of women in the art of
home nursing, the care of aged and infirm
persons, the sending of parcels to prisoners
of war, the supplying of blood plasma, the
aiding of wives and families of servicemen,
the exchanging of prisoners, the maintenance
of correspondence between prisoners and
their families—all these and dozens more
make up the amazing duties of the Red
Cross.

Alberta people and particularly Edmon-
ton people give nothing to charity when
they support the Red Cross. They merely
contribute to the one factor above every
other which maintains the standards of
civilization in a decade committed to the
law of force.

There is no fixed quota in this province
in the present drive. But our people will
give more generously than ever before be-
cause the job of feeding the hungry and
clothing the naked and assuaging distress
has grown and continues to grow beyond
the reach of the imagination.

It is a peculiarly fine and gentle thing

that the Red Cross does. It is one element
devoted to the giving of life in an age that
is intent upon the dealing out of death.

It lays a gracious emphasis on mercy in
a world given over to violence.

It carries the cross of compassion into
the grimmest and darkest corners of this
ravaged earth.

Closing In

At the end of the most wide-spread air
bombing Germany ever received in a single
day the Berlin radio sent out jittery pre-
dictions to its hearers that the "big push"
had started.

The information was not quite accurate.
There are three "pushes," not one only, and
they started long ago. But what the ra-
dioman meant was plain enough, and he
had good cause to say something that
would convey the idea of intensified pres-
sure to be applied from some direction or
from all three.

More planes than took the air on D-day
ranged over Germany in the 24 hours end-
ing Friday morning. There were 9,000 of
them, and they scattered over the country
on a pattern of complete coverage, each
group and sub-group assigned to a speci-
fied target. In particular their mission was
to paralyze the whole railway system of
the Reich, and do it seriously enough that
days or weeks would be required to re-
store traffic.

A bomb-storm of that extent and char-
acter justified the assumption that the Al-
lied armies were ready to advance another
stage in their closing-in operations. Per-
haps the final stage, to end only when our
forces from all three fronts meet in the
heart of Hitlerland. That is what Berlin
seemed to suspect.

There is only one evening paper left
in Berlin. That probably is enough to tell
Berliners all they want to know about
what is going on.

In most parts of the world fine weather
is not rated of much news value. It is bad
weather that gets the headlines and public
attention. But the Canadian front in Ger-
many is an exception. A warm sunny day
was so unusual there that it was "men-
tioned in despatches" as a phenomenon.
That indicates what the other days have
been like.

Marshal Stalin reports that the Nazis
have lost 1,150,000 men killed and captured
on the eastern front since January 12th.
The average is more than 28,000 men per
day, nearly three divisions under the new
enemy set-up. The Germans in northern
Italy may count themselves lucky in being
where they are. They wouldn't have lasted
ten days at some points in the eastern the-
atre.

Newspapers published in some eastern
cities are engaged in a fact-revealing con-
troversy about which city can claim the
heaviest snow-fall. Albertans are of course
only side-line observers of the fray. Cities
in this province are making no claims to
rivalry with their eastern contemporaries
in the matter. But there is no denying that
readers hereabouts can get a considerable
amount of interest out of the disclosures
coming to light in the heat of the argu-
ment.

Looking Backward

From The Bulletin Files

1895: 50 Years Ago

Sgt. Dunning of the Red Deer detachment of the
police is in town.
J. M. Closson of the H.B. store left last week for
Winnipeg.
Fine springlike weather at Edmonton for sev-
eral weeks past, while the east and south are suf-
fering from extreme cold and storms.

A very good specimen of galena was found re-
cently in the vicinity of White Whale lake by Mr.
Fitzgerald, a miner of St. Albert.

Miss Martin of Winnipeg will open a private
school in Edmonton in the spring.

1905: 40 Years Ago

Popular indignation is growing in Britain at
the Paris dispatches regarding the North Sea decision,
which is claimed to be the death blow to interna-
tional arbitration.

A general strike has started in Warsaw, where
railways, telegraphs and telephone systems are all
tied up. The military has taken control of the city.
Birmingham, Ala.—Seventy-five bodies have
been recovered from the Virginia mine. More than
200 men were entombed by an explosion in the
mine and it is feared all are dead.

1915: 30 Years Ago

Toronto.—The University has offered a base hospi-
tal of 1,040 beds to be equipped in Canada and
located in England.

Havre.—The Belgian minister of marine urges
the digging of the proposed tunnel under the En-
glish channel.

Geneva.—The Russians are bombarding
Przemysl.

1925: 20 Years Ago

The Provincial government is considering the
making of further trial shipments of Alberta coal
to the Ontario markets.

Vancouver.—The advance party of gold hunters
has already sailed for the Casiar country, and a
rush is expected when spring opens in the north.

1935: 10 Years Ago

Maj. C. H. Douglas is to receive \$5,000 in two
yearly instalments as a fee for investigating the
possibility of establishing Social Credit in Alberta.
Mr. Aberhart of Calgary may also be asked to ap-
pear before the legislature.

Washington.—Fortified by the decision of the
supreme court, the government is expected to start
a huge reconversion scheme, calling in \$19,000,000-
000 of bonds.

By amendment of the Judicature Act, plans are
said to be in hand to make five per cent. the high-
est rate of interest chargeable in Alberta.

Four Japanese check-cisers have reached Ed-
monton in the course of a tour of the continent.

Today's Text

Of whom we have many things to say, and
hard to be uttered, seeing ye are dull of hear-
ing.—Hebrews 5:11.

The whole trouble is that we won't let God help
us.—George MacDonald.



SIDE GLANCES—"It's peculiar how few things I've had
the matter with me since the doctor told me flatly he didn't
have time to see me more than twice a month for the
duration!"

The Edmonton Bulletin's Readers Say:

(These letters are from
Edmonton Bulletin readers.
The views expressed may differ
widely from The Bulletin's
own views. Brief letters are
the most interesting. They will
be shortened if lack of space
requires. You must give your
name and address. Write only
on one side of the paper. Let-
ters and their contents become
the property of the newspaper
and cannot be returned.)

Appreciation

Editor, Bulletin: The annual meet-
ing of the Edmonton Young Men's
Christian Association was held in
the association building Tuesday
evening, February 20th.

During the course of the even-
ing's program Vice-President John
Denison presented a resolution of
appreciation to The Edmonton Bul-
letin for their continued cordial and
helpful support of the association's
undertakings throughout the past
year. As an association serving the
youth of the community, we are in-
deed grateful to you and your staff
for the continued interest and assist-
ance that has been lent throughout
this period.

CLARK READY, Gen. Secy.,
The Young Men's Association
Edmonton.

Daylight Saving

Editor, Bulletin: I was very
pleased to note in your columns
a short time ago that the Edmon-
ton city council was in favor of hav-
ing the time used in that city con-
form a little more closely to the
period of daylight supplied us by
the sun. I noticed some time pre-
viously in your paper that Edmon-
ton was nearly two hours ahead of
the sun. I noticed also that Mac-
kenzie King was going to recom-
mend to his cabinet that the day-
light saving foolishness be dropped.

Well, personally, I am a dairy
farmer and for 34 years up in
Grande Prairie here I have en-
deavored to get up at 5 a.m. in sum-
mer and 5:30 in winter. Now when
5 a.m. was 3 a.m. by the sun or
rather by the moon, the whole idea
of "daylight saving" and rising
moonlight instead looked like a
lot of moonshine to me.

Until the Peace River country
took action in the matter the B.C.
block was more than two hours out
of line with the sun.

There are two things to be done.
First the government of Alberta
can be asked to put Alberta in
Pacific rather than in Mountain
time. They have power to do this
because they did it for the Peace
River area.

Second, Alberta, or all the west-
ern provinces, can ask Mackenzie

King that, with regard at least to
the agricultural areas west of Win-
nipeg he should forthwith and
henceforth drop the idea of saving
any more daylight in order for us
to use the hours of darkness in-
stead.

If the industrial east wants to
start an hour earlier by the clock
let them do so. But to start shov-
ing the clock ahead savors of
crookedness.

The practice in an agricultural
area is entirely detrimental to the
war effort, where a farmer's hay is
only fit to work with at noon by the
sun and he has to quit at 4 p.m. by
the sun because the laws of the
Dominion and the province say it is
6 o'clock, and his men want to go
to the show that night.

Alberta by legislative act of 1906
evidently declared Alberta to be in
Mountain time like most of Sas-
katchewan. Nevertheless, it is evi-
dent that only one-quarter of Al-
berta is in Mountain time, the rest
should be in Pacific time.

The western border of Alberta
has in the past been used as the
eastern edge of Pacific time, graph-
of the Greenwich time of England,
locally and according to the plan
the border between Alberta and
B.C. is the centre of the Pacific
time zone, which zone, like all
others in Canada, extends some 300
miles east and west of its central
point.

It would seem to me that we in
Alberta have been out of step with
the sun long enough.

J. V. MACKLIN,
Grande Prairie, Alta.

Russian Armies

Editor, Bulletin: I have just fin-
ished reading both parts of the con-
densation of the book, "Report on
The Russians" by William L. White,
which appeared recently in the
Reader's Digest. What Mr. White
writes may or may not be true. If
what he says is true I cannot help
but be amazed at certain conclu-
sions that I have come to about the
Russians. Some of the things that
amaze me and for which he appar-
ently supplies no answer are these:
That because of the most rigid
control of food rationing, they have
been able to live at all, let alone
be able to have the strength to
work to produce the materials of
war;

That the Red Army has been able
to advance at all. Mr. White informs
us that in order to do this the
Russians had to draft for front line
duty men who had been discharged
with wounds or rejected for seri-
ous defects. It appeals to me to think
what the Russians might have done
if they had had better soldiers;

That the Soviet people have by
this time not starved themselves

How the Facts Got Twisted

By B. T. RICHARDSON

WASHINGTON.—Senator Owen
Brewster of Maine is a Republican,
but he is no isolationist. As a poli-
tician, he does considerable speak-
ing and occasionally writes a maga-
zine article. On both counts, it is
easy to get into hot water. Back in
November, 1943, I was in Prime
Minister John Curtin's office in
Canberra, Australia, when Mr. Cur-
tin had just been studying some re-
marks that Senator Brewster and
four other senators had made in
Washington at a so-called "secret"
Senate sitting about their trip
around the world.

What they said about Australia
was, in some particulars, causing
a furor in Australia, and Mr. Cur-
tin was under heavy public pres-
sure to make a protest. Our con-
versation took the line that the
people of one country need not pay
too much attention to what a poli-
tician of another country says about
them. Raised in the frank-spoken
political atmosphere of Australia,
Mr. Curtin saw the point at once.

Senator Brewster has got into hot
water again, this time for some com-
ments published in the American
Magazine concerning Canada and
Great Britain. The latest issue of
that magazine contains a statement
from Senator Brewster expressing

regret that his article had conveyed
the implication that Canada had
confiscated the United States com-
mitment of \$10,000,000 in Goose Bay
airport, and that he had not intend-
ed such an implication.

Canadian-American relations are
too durable to suffer long from er-
rors of fact on the part of indi-
vidual politicians here. One need
only look over the newspaper head-
lines of the last 10 days to find how
much Canada has come into the
spotlight as a result of the current
Canadian First Army offensive. A
newstand handling out-of-town
papers, near my office, had some 90
U.S. papers on display the other
day, practically every one with the
Canadian Army in its headlines,
some with phrases like "Canadians
Spearhead Push" in letters two or
three inches high.

At his office in the Senate office
building, Senator Brewster showed
me letters he had received from
Lord Halifax, the British ambas-
sador, and from L. B. Pearson, the
Canadian ambassador. Mr. Pear-
son's letter had been forwarded
formally through the State Depart-
ment. The senator knows a great
deal about Canada. He was once
governor of Maine. He has many
French-Canadian constituents,
relatives of the French Canadians.
He is the man who reorganized the

Maine educational system which
reduced the clerical schools and
speeded up the assimilation of
Maine's French-language people.
That produced a heated contro-
versy. But on the Maine side of
the Saint John river, where there
are about 20,000 French-language
votes, Senator Brewster obtained
15,000 of them in his last election.
At one time he could count only 200
votes in that district.

Senator Brewster had just fin-
ished reading Hugh McLennan's
new and excellent Canadian novel,
"Two Solitudes." He asked how it
was being received in Canada. In
the United States it is attracting
wide attention. We talked about
Canada and Quebec, then switched
to the larger issue of Canadian-
American and Anglo-American re-
lations. The Maine senator is an
internationalist. He believes in the
Anglo-American system. Britain
maintained the peace of Europe
and the world for a century down
to 1914, he said, and now it was up
to the United States to assume that
leadership. "I hope we do it as
well," he said. The Maine sena-
tor leaves one in no doubt about
his goodwill in this connection. As
his reply in the March issue of
American Magazine put it, he has
two generalizations: "Improving our
British relations" and "the desir-
ability of America waking up."

Senator Brewster is a lean New
England, 57 years of age, some-
what bald. He is alert in conver-
sation, nimble of mind. He has
been in public life for many years
and was first elected governor of
his state 20 years ago. The point
on which the British embassy
caught him off base was that
"American lend-lease gifts will per-
mit the British to release enough
of their own planes to supply Ar-
gentina."

The fact was that a proposed
Argentine air service, in which
British and American private cap-
ital would own 20 per cent each, the
remainder being Argentine capital,
selected the British De Havilland
Domestic plane, a small non-military
type. Senator Brewster said this
"amplifies the Argentine deal," and
replied that this "makes a stronger
case for the brilliance of British
international management and the
ineptitude of Americans."

The implication in this, that the
British are smarter in foreign re-
lations than are the Americans, is
of course a favorite theme with
some sections of the political op-
position to President Roosevelt.

Regarding Goose Bay airport,
Senator Brewster had written that:
"We invested \$7,000,000 in
Goose Bay, Newfoundland. . . .
Canada will control this airport. . . .
Canada has consistently re-
fused to let our air lines operate
except into the edge of Canada,
although we have given the Cana-
dians many commercial planes
that our air lines need. Presum-
ably Canada will not be generous
voluntarily in any deal permitting
us to use, after the war, the base
we built at Goose Bay."

"BLUENOSE".

The facts on Goose Bay are: Cana-
da built the airport, expending
\$25,000,000. Originally, the United
States intended to pay Canada
\$10,000,000 on this development, but
the final agreement was that Cana-
da paid for everything, and reim-
bursed the United States \$543,000
for minor permanent installations
the Americans put there. The re-
cent Canada-Newfoundland agree-
ment gave Canada military rights
in Goose Bay for the future, in the
same way that the United States ob-
tained military rights to three air-
ports built by U.S. funds in New-
foundland. During the war, the
United States has had unrestricted
access to Canadian air for the
transborder of the war effort, while
transborder commercial services
were subject to an agreement of
1940. This agreement has recently
been revised, the terms not yet
announced.

On these facts, Senator Brew-
ster's thesis collapsed. Finally, we
asked him if he had noticed that
Canada recently signed the two-
freedom civil aviation agreement,
giving the United States and other
signatories full right of passage
and non traffic stops. He had. This
left open one final point arising
from the Brewster article. He had
communicated the points raised by
the British and Canadian embassies
to the American Magazine, he said,
in addition to a brief message sent
by him from Florida. So far that
publication has published only the
brief message, not a full correction
of the errors it circulated.

ern Europeans, consisting to a large
degree of unskilled laborers who
were ruthlessly exploited. Conse-
quently the U.S. had to curtail
drastically all immigration in the
twentieth century. Nevertheless, un-
employment figures reached ap-
proximately six million in the 1930's.
Canada, likewise, has had its im-
migration and unemployment prob-
lems.

In my opinion, immigration into
Canada should practically cease
until all returned servicemen are
rehabilitated, all citizens assured of
regular gainful employment, and
all our present farmers getting
adequate returns for their labor
and expenditure. CANADIAN,
Edmonton.

Real Memorial

Editor, Bulletin: One reads of
suggested memorials to the dead of
this war. What would be the best
memorial of all?

Homes, proper homes for aged
and infirm veterans both of this
war and any previous wars. A home
where each veteran would have one
small room of his own. Nothing
could be more suitable, and cer-
tainly nothing is needed more.

The disgraceful neglect of this
matter in the past by Liberal and
Conservative Governments, by the
Legion and other service organiza-
tions is well known. J. P. L.
Edmonton.

off the face of the earth. Certainly
the pittance that they get for a
wage is insufficient to buy food at
the outrageous prices it is sold at.

That they have been able to pro-
duce any shells etc., to any effec-
tive advantage. Surely their crude
assembly systems, their ramshackle
factories and their incompetent
workers have been no help. I shud-
der to think what a bombardment
the Red Army Artillery might have
been able to put on their offensives
if the Russians had been able to
solve all these technical problems.

In the light of what our Willie
writes the Russian people should
have all by this time frozen to death
for lack of fuel and proper cloth-
ing, starved to death, been reduced
to gibbering idiots because of their
extreme stupidity and uncouthness
and should at least have revolted at
a government that kept them down
in such a downtrodden manner.

Yes. All these things amaze me.
Especially when these same back-
ward people have trounced the sup-
posedly best army in the world and
are at this moment hammering at
the gates of Berlin.

SGT. SINCLAIR, J.
Edmonton.

Publicity

Editor, Bulletin: On behalf of the
Alberta Provincial Council I wish
to thank you for the publicity you
have given our movement during
the past year.

The publicity has helped greatly
to acquaint the public with the work
of the Boy Scout Association is doing,
and the Provincial Council appreci-
ates your help and co-operation.

F. H. BOWER,
Executive Commissioner,
The Boy Scouts Assoc'n.
Edmonton.

Surplus Wheat

Editor, Bulletin: May I say that I
appreciated reading your editorial
"The Most Favored Section" not
alone for its plea for a better-
balanced agriculture on the prairies
but, also, for the light it flashed on
a news item from Regina a few
days earlier, as follows: "Hon. J. G.
Gardiner, federal agricultural min-
ister, told the Canadian Federation
of Agriculture yesterday that Cana-
da has too much wheat for her
own good and that there should be
a reduction in the acreage of from
2,000,000 to 3,000,000 compared with
1944."

Frankly, I do not understand the
above story—if for no other reason
than the known fact that millions of
people beyond Canadian boundaries
have a concern, too, in the bread-
grain "in store" in our bins?

However, with the addition of the

Tips to the Restaurant Patron

These Days One Waits for
The Waiter, as He Can't
Be Replaced

By MARY ALICE QUAYNE

We here in Edmonton haven't
suffered many inconveniences in
restaurant service. But the same
is not true in other cities.

On a recent business trip when
eating in restaurants was a neces-
sity I began to wonder just who
was the waiter. First I waited for
a table. Then I got a table and then
came the interval, and a long one
too, when I wondered if there was
a waiter. First I tried being meek,
then when I thought I had caught
the waiter's eye, I ventured a cajol-
ing smile, and finally but futilely,
anguished with hunger, I barked,
"I've been waiting here for 30 min-
utes!"

While many of the luxury res-
taurants try to shield their custom-
ers from the brutal facts of life,
one club has called a spade a
spade. Where all can see hangs
this warning: "Don't cross your wait-
ers. We can always get customers."

Today many of the restaurant
owners are harassed. He has more
customers

In West Edmonton Hon. James A. MacKinnon Chosen Liberal Candidate At Enthusiastic Convention

Continued from Page One

grown so during the course of the war, have kept me from being in Edmonton as much as I would like. Here in this city of Edmonton are my primary interests and my first loyalties. Here are my home and my business and my closest friends. Here I intend to live to the end of my days. I would like to thank everyone who has written to me during the past year on personal matters or public affairs.

Since our last convention many great events have taken place. Five years of war have come and gone but they have left their mark on all our lives.

My first words must be about the personal aspects of the war as it has affected homes in Edmonton West. We have a proud record of enlistments from Edmonton, and we know how splendid is the service of Edmonton men and women in every branch of the fighting forces. Many homes, unfortunately, have already been marked with sorrow, and have suffered tragic loss. Words of sympathy are small consolation, but those who are in sorrow, should know that others share their grief and will remember their sacrifice.

NO TIME TO QUARREL

There is no time to begin to quarrel bitterly among ourselves. Canada mocks and betrays its future when it is divided by angry political controversy.

Yet signs are not lacking in Canada today that there are some people who will not hesitate for reasons of their own to make nasty personal attacks, to ignore fundamental principles and to concentrate instead on appeals to prejudice, and to degrade the discussion of the most serious public issues in the history of Canada to the sordid level of a competition in name-calling.

I protest most emphatically against this evil practice. A general election should be something more than a public assassination of character. So far as I am personally concerned, I shall through out the whole campaign ahead of us discuss issues, not personalities.

NEWS LETTER

I have made it a habit, as you know, to keep regularly in touch with my Edmonton constituents by means of a personal news-letter from Ottawa. In March, 1941, I wrote:

"In my last newsletter I held out strong hopes of impending air line developments which would be of great advantage to the city of Edmonton. It is gratifying to have one's forecast followed so swiftly by the prospect recently announced involving the establishment of a number of military air bases linking Edmonton with Alaska. This decision will mean much for Edmonton's future as an aviation centre. Apart altogether from this encouraging trend, I am very hopeful of additional developments."

This was the beginning of the now famous and exceedingly valuable Northwest Staging Route.

MANY DEVELOPMENTS

I need hardly remind this audience of the nature of the "additional developments" which actually followed. There have been such purely Canadian undertakings as the Manning Depot, the Air Observers' School and the Elementary Flying Training School. In addition, Aircraft Repair Limited was established. The Federal Government built and equipped this plant at a cost of over two million dollars. Over ten million dollars have been paid to Aircraft Repair Limited for work done.

Through the co-operative action of the Governments at Ottawa and Washington, we have seen as well the location of project area in this city. These developments were climaxed by the construction of a twelve million dollar airport at Namao approved by the Canadian Government to help meet the war-time needs of the United States in the Edmonton area.

Very important extensions and improvements were also made to our airport, making it one of the outstanding airports of the continent. Action by the Federal Government early in 1942 made Edmonton the air control centre for over 1,000,000 square miles of air lines in Western Canada.

When the United States entered the war, Edmonton became a vital point in the system of air transport and communications linking the United States, Alaska and Russia. This vast increase in airport activity in Edmonton and in the Canadian Northwest brought about the establishment here of headquarters for Northwest Air Command.

In preparing a broad national policy by which Canada hopes to play its proper role among the nations of the world in post-war civil aviation, the Liberal Government has also shown much alertness and leadership.

We have formed a federal Air Transport Board, created and developed Trans-Canada Airways, purchased the vital Goose Bay Airport in Labrador, and shown energetic leadership at all international air conferences.

What about other developments and other types of progress?

IMPORTANT ROUTE

First in importance is, of course, the Alaska Highway. The highway is not only a great tribute to the men who worked on it and built it with such great success, but it is a monument as well to the cooperation between the Governments of

Canada and the United States which may well be an example to the whole world.

It should be remembered that the present location of the Alaska Highway was not a foregone conclusion by any means. In my news-letter in May, 1942, I said:

"The location of a highway to Alaska has given me considerable anxiety and concern for a long time. Frankly, very strong forces favored routes other than the Edmonton-Fort St. John-Whitehorse one which has finally been selected. For months I have been in very close touch with officials of the Federal Government of Transport who had so much to do with the selection of the Edmonton-Whitehorse route for the Alaska Highway. This route has been selected not only because of its conjunction with a vital system of air bases, but also because of its advantageous highway possibilities."

STIMULATING EFFECT

At the same time I also indicated that although little publicity had been permitted about the great development Edmonton would experience, this city would soon feel the stimulating effect of a number of very far-reaching activities. You are aware of what has happened. The Alaska Highway, the Canal project, linking Whitehorse with Norman Wells by oil pipeline, and the 2,000 mile miles of the Catel project, connecting Edmonton with Fairbanks by telephone and telegraph—all these vast undertakings followed in rapid succession.

When it is remembered that all the farm lands in Alberta are valued at half a billion dollars, that Edmonton and Calgary are assessed rolls which, combined, amount to something over 120 million dollars, a clearer conception of the immense expenditures involved in these northern developments can be grasped.

As thousands of American troops and civilians moved into and through the city, just about every type of activity in the business community was profoundly affected.

More than sixty office buildings and floors were taken over by our visitors whose rent payments helped Edmonton collect the highest amount of taxes in its history. Many huge warehouses and storage depots were built. Entire institutions were occupied.

NOT SURPRISING

It is not surprising that with Edmonton's comparatively limited housing accommodation, this great influx should have created serious problems. Although Edmonton did not technically come within the terms of the Federal War-time Housing Legislation, the Government at Ottawa felt that the exceptional situation created here justified remedial action. Accordingly, 450 home units have been built in this city by various agencies of the Federal Government. Necessary priorities for materials were granted to private builders in Edmonton for the construction of more than five hundred homes.

As you know from the announcement on housing that I made a few days ago on my arrival from Ottawa, special measures are being adopted by the Federal Government to increase housing accommodation in the city by at least another 400 home units. This goes a very long way in easing the housing situation in Edmonton.

I think I can assure you with confidence that the measures which I recently announced to improve our housing position in Edmonton are only the first measures in a comprehensive program of housing legislation for our city that will soon be in effect.

OTHER PROBLEMS

There have been other problems with which we have had to deal as a result of the unusual conditions created by the presence in our city of so many of our American friends. In this connection I would like to pay tribute to the work and co-operation of the other Liberal members from Northern Alberta, Mrs. Casselman, Mr. Sissons, and Mr. Decline, in furthering the progress of the entire north country with whose developments our own future is so closely linked.

NEW STATUS

These war years have also seen Edmonton acquire a new status as an industrial city. For the first time in its history, Edmonton, in 1941, rose to second place among the cities of the three prairie provinces as a manufacturing centre. Only Winnipeg stands ahead of us now. In 1942, the last year for which complete figures are available, there were 194 manufacturing firms in Edmonton which employed more than 6,200 workers and, the gross value of their production for that year reached nearly 69 million dollars. In 1942 and 1943, these industries in 1942 paid out close to nine million dollars.

There have been numerous government agencies and offices established in this city which have given employment in various degrees to the people of Edmonton. Fairly large staffs are required by the War-time Prices and Trade Board; the Unemployment Insurance Commission; the National Selective Service office, the Northwest Purchasing Company, and the Mobilization Board. There are also the Wheat Acreage Reduction offices and the Prairie Farm Rehabilitation and Prairie Farm Income branches which have, or have had, substantial staffs.

Some of the other government offices which in the last few years have been established in Edmonton include the Dominion Treasury Board office; the Housing Administration; Civilian Aviation Control; the Civil Service Commission; the Family Allowance office; and the Veterans' Rehabilitation office which soon will be housed in the new offices of the Department of Veterans Affairs. We have also seen such local improvements as the new RCVR Barracks and the Extension to the University Hospital. The Federal Government has taken over Government House as a convalescent home for returned veterans.

This city is highly regarded in all parts of the Dominion because of its definite growth, the substantial new assets it has acquired and the splendid prospects for the future.

I have made a point of reviewing in some detail the practical advantages which have come to Edmonton. This progress has been brought about by our civic leaders, by the efforts of many public-spirited citizens, and the hard work of the Chamber of Commerce, the Junior Chamber of Commerce, the North-West Chamber of Mines, and other civic-minded organizations. It has been my privilege to give co-operation to these public bodies. I earnestly believe in Edmonton's destiny and I have been happy in working for its advancement.

COURSE OF WAR

I have spoken to you thus far about the course of the war as it affects our own city. We have done so much in this war that it has been left to our Allies to sing our praises while at home we have engaged in small debates that ignore the impressive magnitude of our great national achievements.

But at least we have this great consolation. We know that our war effort has been a source of strength to our friends and a source of dismay to our enemies. The criticism of our political opponents in Canada is mere dust in the balance when set against our real war effort.

Let me not be misunderstood. I do not wish to suggest that it is the work and leadership of the Dominion Government that has alone been responsible for our wartime achievements. A great democracy like Canada does not fight a war for survival and for triumph of the principles of freedom on the basis of waiting for orders. That is not the Canadian way. The people of Canada have surpassed all records in their contributions to victory.

CREAT EFFORT

Are you aware of just how great our war effort has been?

Nearly a million Canadians have seen service in this war. Another million are in our war factories. We are the fourth greatest source of supply of weapons and war materials among all the United Nations. We have broken every production and agriculture record in our history. One-quarter of all RAF crews now in Europe and the Mediterranean are Canadians. Our Navy has borne a heavy part of the burdens of convoy duty so essential to winning the Battle of the Atlantic. Our Armies have been equal to every test and are receiving every support.

NO PROFITEERING

There has been no war profiteering. Our record has not been shamed by war scandals. Unlike the last war, there are no millionaires as a result of war profiteering, nor have Canadians been allowed to grow rich at the cost of the war effort.

Our yearly expenditure now amounts to nearly six billion dollars, or twelve times as much as before the war. The most rigid principles of administration have been observed, free from the taint of corruption. Our price control policies have checked the menace of inflation and kept down the cost of living. We are paying half the cost of the war by taxes and the balance in loans by Canadians. The number of Canadians who own Victory Bonds and War Savings Certificates is constantly increasing.

I may remind you here that unlike the last war no wealthy group of Canadians will be able to live on the money from Victory Bonds, bought on a tax free basis, with interest at 5 1/2 per cent, as was the case in the last war. The Government has stopped that practice. Our whole effort has been directed to spreading the benefits of savings over as wide a number of Canadians as possible so that we may enter the post-war years with the people of Canada enjoying the greatest measures of financial security they have ever had.

We are now the second export nation in the world, second only to the United States. We will enter the post-war years in a very strong position. How does our record in this war compare with our record in the last great struggle? I have had the most careful survey made by the highest authorities in Ottawa. What are their findings?

IN LAST WAR

In the last war the Canadian armed forces numbered 629,000. In this struggle we have already had including those honorably discharged, one million men and women in our armed services. French Canadian enlistments in this war for active service have been almost five times as large as in 1914-1918. Our part in making the British Commonwealth Air Training Plan such a triumphant success has no parallel in the last war. Our war production in the first war amounted to one billion 697 millions. Today our war supplies are 10 billion, 321 millions. There is no nation in the world, with a population anywhere near the size of Canada, that has made such an outstanding contribution to victory.

The Dominion Government has been able to establish the most comprehensive system of social security legislation in the history of Canada. While other parties have been talking vaguely about social reform, the Liberal Government has already succeeded in translating



SHARPED DFC.—FO H. G. SHARP, RCAF, announcement of his being awarded the Distinguished Flying Cross has been made by Air Force Headquarters, Ottawa. His wife lives at 9725 110 street. He was born at Maple Creek, Sask. the son of the late Mr. and Mrs. W. J. Sharp, after whose death he lived with an aunt, Mrs. A. W. Sharp of Lacombe. Enlisting in the RCAF in December, 1941, he went overseas in October, 1942, after training at IFS, Saskatoon, Trenton, Ont., and graduating from the bombing and gunnery school at Macdonald, Man. He has finished his second tour of operations. In May, 1942, he was married to Miss Patricia Stewart, daughter of Mr. and Mrs. W. A. Stewart of Ponoka.

ing these ideals into actual practice. The advancement of the people's welfare is the constant aim of the Liberal Government.

Who else can be better trusted to make further advances on the road to social security than the government which has already given such clear and courageous expression of its devotion to these ideals, and of its practical determination to lift the burden from the people, and to broaden and enrich the horizons of their opportunity and prosperity?

REMEMBER NEED

Remember the need there will be in the years of transition from war to peace for a government of sound experience and wise judgment. The progress or retarding of the Canadian nation for at least a generation will be settled by the crucial decisions on high policy that are taken in these vital formative years.

What is the main purpose of the Liberal Government's Social Security Legislation? The answer is clear beyond any doubt. It is to achieve a greater measure of equality of opportunity for all sections of the Canadian people, to maintain the highest possible level of employment, and to provide for greater security alike for young children and for old age.

Among the most important measures of social security passed by the Government is its system of family allowances. This legislation is needed urgently. Of the three and one-half million children in Canada under 16 years of age, 31 per cent are dependent upon 19 per cent of the gainfully employed population. The fact that it was endorsed unanimously by the House of Commons is the best tribute to its justice and to its necessity.

The government is going to set aside 200 million dollars a year to pay for family allowances. This is roughly what we spent on the war every two weeks.

Under the terms of this legislation, five dollars a month will be paid to the parents or guardian of a child less than six years old. A child aged from six to ten will receive \$6 per month. Seven dollars a month will be provided for children from ten to thirteen years and \$8 a month for children from thirteen to sixteen years. The allowances are reduced by one dollar per month for the fifth or for each additional child.

AT PRESENT
At present, if a man pays income tax, he is allowed \$108 a year for each child. Those who are in the low income brackets will now get a similar benefit. Family allowances will not be paid to those who receive the full income tax concession.

By means of our housing legislation the Government is going to spend \$75 million dollars to help the small householder build a home for himself or to repair and improve his existing home. Special legislation will assist farmers.

I know, as you do, that there have been obstacles in the past against having this legislation apply in our province. We are trying very hard to remove these obstacles right now. I am hopeful that an agreement will soon be reached that will enable the people of Alberta to benefit.

Is benefits are really important. If you wished to build a house worth \$2,500 you could get a minimum loan of \$1,250, and a maximum loan up to 95 per cent of the total value of the house. The government will loan \$750 for a house valued at \$3,000, and \$3,000 on one worth \$5,000. On a house worth \$5,000 you can get a loan up to 85 per cent of the total value. The maximum interest is not to be more than 4 1/2 per cent. The contract will usually run for 30 years, but it may be extended to last for 50 years.

MAKE PAYMENT

To build a \$4,000 house, you will have to make a down payment of only \$400. The rest will be financed by a loan from the government and approved lending companies. If the loan were repayable in 20 years, the monthly carrying charges, except for your taxes, would be about \$22. Some 400 million dollars will be spent on housing under the joint lending policy of the government and lending institutions.

of Alberta with which we have all been familiar for a long time, are brought into harmony with this new legislation, our own province will begin to feel these benefits.

I now want to discuss in some detail the provisions that have been made for our returned men, both by the granting of gratuities and in the more general program of reconstruction and rehabilitation.

There is no country in the world which is treating its returned men with Canada's generosity.

In New Zealand the gratuities are made up by adding a shilling a day to the man's pay, making it date back to the beginning of the war, but this sum is not paid to the soldier; it is kept for him as a deferred credit.

In South Africa the gratuity is thirty shillings per month of service. In the United States it is \$300.00 for persons who have been on active service outside the United States for more than sixty days.

FOR ONE MONTH

In Canada a private, married and with two children, who has had one year of service at home and two years overseas would, first of all, obtain his pay and allowance for one month; his clothing allowance of \$100; his seven days' pay and allowances for every six months overseas amounting to \$135; a rehabilitation grant of \$108; his free transportation back home; and a gratuity of \$450 payable to him monthly and in addition another \$450 in the form of a rehabilitation credit which he can use any time within ten years after demobilization. This rehabilitation credit is to be used to buy furniture, pay insurance premiums, buy tools, or to make a down-payment on a home, or for similar purposes.

In other words, a private who has been in the army, or air force or navy, in Canada for one year and has served overseas for another two years, will get a gratuity of \$1,244. It is estimated that veterans' gratuities will amount to \$750,000,000, although it is impossible to set this figure with precision now, since the amount of gratuity payments depends on the duration of the war.

If a soldier was killed on active service and his dependents are receiving a pension, provision is made so that the gratuity may be paid in addition to the pension.

The gratuity will increase in amount as the length of service increases. The unit of measurement in determining the size of the gratuity is simply to be length of service—not the rank held by the soldier.

PROVIDE INCOME

This gratuity legislation is not an attempt to compensate a man in uniform for the risks they have taken and the dangers they have run. But you can see, I believe, how this gratuity will provide our returned men with an income with which to begin to rehabilitate themselves in civilian life, from which some of them have been absent now for five years.

In addition, these gratuities will create a fund of purchasing power which will be a great stabilizing factor for the whole economy of Canada and help the Dominion, as a whole, to move forward to prosperity on an even keel.

Any enlisted man or woman, discharged, may receive a subsistence allowance for any period equivalent to the length of service. Under the terms of this grant a single man or woman will be able to get \$60 a month and \$80 monthly will be paid to a man and his wife, while the ex-serviceman or woman is taking vocational training or completing his education at school.

There are also monthly allowances for dependents: \$12 will be paid for the first and second child; \$10 for the third, in addition to which monthly allowances of \$13 will also be made for dependent parents.

MORE TRAINING

In the last war only 13 per cent of our fighting men had high school or technical school training. In this war 47 per cent of our service personnel has received such training. The government will pay these education expenses for a period of time equal, at least, to that of the service in the forces, or longer, in special cases.

The health and pensions disability payments are as generous and far-sighted as the gratuity allowance, and they complete the most comprehensive program for dealing with the needs of the returned man to be found anywhere in the world.

As there are many thousands of Canadian soldiers who come from farms, the Government is making special plans to help such men get away to a good start on the land when the war has ended.

CARE OF AGED

What about the care of the aged? The federal government is ready to consider reducing the age at which one qualifies for an old age pension from 70 years to 65. This reform, which I strongly support, will become a reality as soon as the provinces, or a substantial number of them, agree to it. It will involve a transfer of authority to the Federal Government.

With the consent of the provinces, the Dominion Government has authorized a pensioner to have an income of \$125 a year above from his old age pension still a pensioner's maximum annual income has now been raised from \$365 to \$425.

In the early years of the development of old age pensions, the federal contribution was only 50 per cent, and the maximum pension was \$20 a month. Shortly after 1930, the federal government undertook to pay three-quarters of the cost of pensions. The Liberal Government has now increased pensions from \$20 to \$25 a month. I believe that not only should the age at which one begins to receive a pension be lowered, the amount of the pension itself should be increased.

All of us are now talking about the problems of reconstruction.

Three new departments of government have been created to deal with problems of reconstruction and Social security. A special committee of the cabinet has been appointed to work with Mr. Hince as Minister of Reconstruction. Its members are Mr. Hince, representing the Maritimes; Mr. St. Laurent, representing Quebec; Mr. Hince, representing Ontario; and myself, representing Western Canada. The Department of Reconstruction is now working out a detailed program for Canada's orderly transition from war to peace.

The other two new departments are the Department of Veterans Affairs which will see that the needs of our returned men are fully taken care of, and the Department of National Welfare and Health.

Three measures which will be very important during the transition period are the Export Credits Insurance Corporation, the Industrial Development Bank.

I introduced the bill in the House of Commons creating the Export Credits Insurance Corporation. The Government has set aside \$75 million dollars for export credits. There are two distinct purposes that we have in mind in this legislation. First, we are anxious to keep our markets and to win new ones in the disturbed areas that will follow the end of the war.

AID EXTENDED

Aid extended by the Export Credits Insurance Corporation is not a gift or a form of Mutual Aid. It is a loan that will be paid back to Canada in full.

The second purpose of the bill is simply a form of insurance against loss. There may be some difficulty

after the war in getting an immediate transfer or exchange of funds from country to country.

About eighteen countries, including Great Britain and the United States, have similar legislation. As a result of this bill Canada will be in a strong competitive position in the search for post-war markets.

During the war we have seen farmers increase their production by fifty per cent. Last year farmers received over one billion, 800 million dollars in cash for what they sold as against a little over 700 millions in 1939.

But we also remember the tragic slump in prices that took place in farm products during the depression. We are resolved not to let that happen again. The Federal Government is providing 300 million dollars to support farm prices during the transition years and to guarantee that the farmer has a broader guarantee of economic security for his produce than has ever been the case in Canada. If the farmer is prosperous, you are.

INDUSTRIAL BANK

The last piece of legislation I wish to mention is the Industrial Development Bank. This Bank will have 100 million dollars with which to encourage increased industrial activity. It will seek, in particular, to aid firms now in war work to be converted to peacetime uses, and also to help existing or new civilian plants.

I would not have you believe that all this legislation which I have cited means that the level of our taxation will be reduced. On the contrary, it is firmly based on the conviction that maximum production will give us full employment, made possible by granting

trade in an expanding economy. We will then be able to effect a graduated reduction in taxes while carrying out this program.

But it will not have escaped your attention, I am sure, that every aspect of our social security program and our plans for reconstruction will fade unless the world can enjoy an enduring peace.

In the last few years Canada has become a great world power. Our influence in the Commonwealth never stood higher than when Canada's outlook on world affairs was stated with such decisive authority by Prime Minister King in his historic address before the British Houses of Parliament. In world affairs our influence and prestige are stronger than ever.

UNRIVALLED QUALITIES

Prime Minister King has unrivalled qualities and unique ability to act as Canada's spokesman and interpreter in international affairs. This is a field he has made peculiarly his own. We need him in every one of this invaluable work in the next critical years when the details of the peace settlement will have to be worked out and endorsed.

The Liberal government has not only given Canada wise and resolute leadership in the war. It has also prepared the way for the greatest advance towards social security and national prosperity in our long record as a nation. The long night of war is now beginning to break in the dawn of peace. Together, in unity and in understanding, we can turn that peace into the brightest and most progressive era that has ever been enjoyed by the Canadian people.

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Ladies' Footwear

Leather and School Girls' Slacks and Dress slacks. Better grade footwear taken from our complete stock, greatly reduced to meet every budget. Buck and brown leathers in spike, Cuban and low making models. Durable your family with spring fun. Wear now — Sizes 4 to 8. Priced at **\$1.89**

Ladies' Boudoir Slippers

A national array of boudoir slippers will be on sale Monday. Wedgwood, moose and all the popular styles in plush, material slippers, also leatherette. Also the finest slippers—average sizes 4 to 8. Priced at pair **\$1.19**

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Cosmetic Section, on the Main Floor

Stationed in City

Senior Command Chaplain
Has Served in Many Fields

By A. E. NIGHTINGALE, JR.

Field Marshal Sir Bernard L. Montgomery is a self-confident, cool, calm and collected individual.

General "Jimmy" Doolittle, United States ace who dropped this war's first bombs on Tokyo, is a "most gracious visitor."

These remarks were made by Sqdn. Ldr. Herbert E. D. Ashford, OBE, senior-command chaplain at Northwest Air Command in an interview in which he recalled some of the highlights of his career as (1) minister; (2) officer with the British Army Service Corps in India during the Ghazal uprisings preceding 1927, and (3) RCAF chaplain in England, Europe and North Africa.

Padre Herbert Ashford, whose healthy, tanned features bear striking evidence of his activities in a life-time of working with men faced by violent death at any instant, has been stationed in Edmonton for the last month. He joined the RCAF in December, 1940, leaving his Scarborough United church at Calgary, to do so.

WAS MISSIONARY
On his service enlistment blank he wrote, "British Army in India"



SQDN.-LDR. H. E. D. ASHFORD, OBE.

under the column headed previous service. Between 1927 and his taking over the church at Calgary, he spent several years as a missionary in India.

He received his overseas posting in February, 1942, when he became the first Canadian chaplain to serve with the RAF's Bomber Command. And in this capacity, he took one of the first steps that was to make him, in the eyes of approving superiors, a marked man.

There was a rule, at the time, that no chaplain must ever go near the lines of loaded British aircraft, waiting to take-off for their sorties against the enemy across the channel, due to no small part to superstition amongst the fliers, that to be spoken to by a member of the cloth prior to take-off would be inviting that flier's name into a forthcoming casualty list.

Sqdn.-Ldr. Ashford dispelled this superstition for all time when he made it his policy to speak with every member of the crew of every aircraft that took off from the airport where he was stationed. In his own opinion, this was the most important job he ever undertook. And the habit clicked with the battle boys.

IN SAME SQUADRON
Edmonton's Wing-Comdr. Tiny Ferris was one of his squadron mates at this time. "Tiny and I saw eye to eye on everything except church attendance," the padre chuckled. He met another Edmontonian, Andy Clark, under most adverse circumstances. Andy's aircraft cracked up on landing, and Padre Ashford was among the men who removed the injured flier from the scene.

Posted to North Africa in May, 1943, Sqdn.-Ldr. Ashford became one of Field Marshal (then General) Montgomery's boys, his immediate "big push" being Gen. "Jimmy" Doolittle. "Doolittle was a grand chap," Sqdn.-Ldr. Ashford said. He recalled the General's habit of shaking hands with the men who had flown with him after each sortie, thanking them for a nice flight, regardless of how much flak or other enemy action they had encountered.

"Herb," Ashford's deepest impression of Montgomery was his confidence, both in himself and in the men serving under him. "General Montgomery looked everything just as it came—he was cool and calm about everything, and absolutely confident of victory in every battle or obstacle that came his way."

TOUGH ASSIGNMENT
At Christmas, 1943, Sqdn.-Ldr. Ashford returned to Canada on leave. After that, he was faced with his toughest assignment.

D-Day plus nine, the padre leaped onto a French beach in full invasion order. But that was only after many tough weeks of commando training, involving learning the rudiments of amphibious landing and beach warfare. "It was quite a relief when on the night before D-Day everybody on the station was assembled in one of the hangars and told that this was it. I've never heard such cheering in all my life," he said.

DEEP IMPRESSIONS
After following his men, generally only a matter of a few hours behind the foremost troops and services, through France, Belgium and Holland, Sqdn.-Ldr. Ashford has some very definite impressions of the European situation. He was surprised at the lack of enthusiasm on the part of the people of Normandy when the Allies surged over their lands in the wake of the not-so-hated Nazis. He was saddened at the broken spirit of Paris; he compared it with the Paris he knew

as a visitor in 1939 before the outbreak of hostilities.

He was impressed by the spirit of the Belgians, who, only a few hours after their liberation had routed out their collaborating countrymen and made them objects of derision, the women members of the class being paraded publicly with shorn hair, barefeet and clad in a single, inadequate garment.

He was shocked by the "gimme" attitude of the Hollanders, due, he knew, to their very poverty. Whereas enough money could buy anything on the Belgian black market, all the money in the world could not buy goods in Holland.

The squadron leader was awarded the OBE as the only chaplain to fly on ops with the men whose spiritual welfare was his charge. He flew as midshipman gunner on three trips, to get the feeling of his boys. Bursting flak and a hard-to-lose Jerry fighter gave him the feeling.

"So often I have heard chaplains expressing the hope that when they come back to Canada they are able to not get a bigger and better job, but to do their own job better," he said. "Our servicemen have become accustomed to the informality of a warm service that steered their hearts for anything that might come. If we cannot keep giving them that kind of service, we of the church are going to lose these men."

ADMIRE HIS BOYS

Sqdn. Ldr. Ashford is strong on the man in the fighting lines. He is full of tales about his boys and his sincerity when he talks of them is obvious.

As for his spiritual work, the padre says, "I believe I saw more real religion in the past four years than I saw in 40 years before the war."

Edmontonians will have the opportunity of hearing him Sunday at 11 a.m. when he speaks at the First Presbyterian church morning service.

Conversation

By Frances Angermayer

Look, God, I have never spoken to You.
But now—I want to say "how do you do."
You see, God, they told me You didn't exist.
And like a fool—I believed all of this.
Last night from a shell hole I saw Your sky.
I figured right then they had told me a lie.
Had I taken time to see the things You made,
I'd known they weren't calling a spade a spade.
I wonder, God, if You'd shake my hand.
Somehow—I feel that You will understand.
Funny—I had to come to this hellish place
Before I had the time to see Your face.
Well, I guess there isn't much more to say.
But I'm glad, God, I met You today.
I guess the "zero hour" will soon be here,
But I'm not afraid since I know You're near.
The signal... Well, God—I'll have to go.
I like You lots—This I want You to know.
Look now—this will be a horrible sight—
Who knows—I may come to Your House tonight.
Though I wasn't friendly with You before,
I wonder, God—If You'd wait at Your Door.
Look—I'm crying! Me!—shedding tears!
I wish I'd known You these many years.
Well, I will have to go now, God—
Good-bye, Sir—since I met You—I'm not afraid to die.

—V—

To Rebuild

Anglican lay men and women in Sussex, under the leadership of Lord Bessborough, chairman of the Board of Finance in the Diocese of Chichester, have pledged to raise 30,000 pounds this year for church reconstruction in Sussex.

—V—

Premier to Speak

An enthusiastic audience has been hearing Hon. Ernest Manning for the last three Sunday afternoon services in the Central Masonic Temple, Mr. Manning will give another prophetic message at 2 p.m. on Sunday taking for his topic, "The Rider on the Pale Horse, or Can Science Conquer Death?"

—V—

Premier to Speak

Central Lutheran Church
Cor. 10th Ave. and 94 St.
Rev. M. S. Johnson, Pastor
11 a.m.—Sunday School, Confirmation and Bible Class.
11:30 a.m.—Lutheran Hour CHRN.
10 a.m.—Morning Worship Service.
11 a.m.—Morning Worship Service.

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Church News

TODAY'S MESSAGE

Church Support

IT WOULD be difficult for Canadians to imagine a community without churches, without any place where men could gather to offer tribute and prayer to God. In our minds, the church stands as the centre of community life. It is the symbol of our spiritual familyship. It is a holy place, where together we draw inspiration and courage in meeting the problems of our lives.

We speak of our churches as houses of God. We take pride in the beauty of their construction. We feel that even the humblest community should have a temple worthy of the divine Creator. In our cities, we point with pride to the artistry and skill that have been expended to make the church a monument not only to the glory of God, but to the reverence and devotion of those whose offerings have made their construction possible.

It is in the same spirit that appeals are made to keep churches in repair, to provide them with means to function smoothly and efficiently from year end to year end. The church member is free to make full use of his church without question or reserve; but duty and sense of fitness demand that in return he should help provide the means to meet the church's often burdensome expenses.

It is perhaps because some do not realize how heavy these expenses can be that we hear so often complaints of pastors "dunning" their congregations for money, asking for contributions to this or that fund. To such persons one might reply: "How would you feel if you had no church at all?"

Canadians should feel more gratitude for their churches and more readiness to contribute a just share of the expenses that must be met to keep them open.

GO TO CHURCH THIS SUNDAY

Anglican (Episcopal)

St. Stephen's Church
95 St. at 109 Ave.
Holy Communion, 8 a.m.
Sunday School, 10 a.m.
Prayer, 11 a.m.
Evening, 7:30 p.m.
Sunday School, 12:15 p.m.
Canon Matthews, Rector

CHRIST CHURCH ANGLICAN
1210 102 Avenue
Phone 4118
Rector REV. R. S. OTTLEY, B.A., L.Th.
8:30 a.m.—Holy Communion
11:00 a.m.—Morning Prayer
7:30 p.m.—Evening Prayer

HOLY COMMUNION
11:00 a.m.
MORNING PRAYER
7:30 p.m.

St. Peter's, Westmount
1035 177 Street
Lent 2
11:00 a.m.—Morning Prayer and Sermon, for the Congregation with Scout and Guide Groups.

St. Paul's Church
JASPER PLACE 1045 151 Street
1:00 p.m.—Holy Communion and Sermon.

Church of the Good Shepherd
CALDER, 1235 123 Street
7:30 p.m.—Evening and Sermon, for the Congregation with Guides and Brownies.
Congregational Firsides in the Parish Hall after the Service. Everyone Welcome.
Our Lenten Objective: Every Family in Church Every Sunday.

Holy Trinity Church
Cor. 101 St. and 51 Ave.
REV. CANON W. S. NAINBY, B.A., L.Th., Rector
8:30 a.m.—Holy Communion
11:00 a.m.—Morning Prayer
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LENTEN SPEAKER.—Tom C. Sizemore, United States Army chaplain's assistant in Edmonton, who will be among the guest speakers at a series of Lenten Day services to be held at the Moravian church, 99 street and 84 avenue. Sgt. Sizemore will speak at 7:30 p.m. Sunday on the theme: "Why The Cross?"

Faith

Faith is the Christian's right eye, without which he cannot look for Christ; the right hand, without which he cannot do for Christ; it is his tongue, without which he cannot speak for Christ; it is his vital spirit, without which he cannot act for Christ.—Thomas Brooks.

Central Christian

CENTRAL CHURCH OF CHRIST
110A Ave. and 94 St.
H. Bruce Stainton, B.A., Minister
10 a.m.—Bible School
11 a.m.—Subject:
"IT DOESN'T PAY TO BE IGNORANT"

7:30 p.m.—BAPTIST SERVICE
Subject:
"The Meaning of Baptism"

Miscellaneous

HOPE MISSION
101 Street and 104th Avenue
REV. H. EDWARDS, S.P.T.
2:00 p.m.—Sunday School and Bible Class
7:30 p.m.—EVANGELISTIC MEETING

Conducted by
REV. F. BENKE
and Group including Male Quartette from the Canadian Training Institute.
CORDIAL WELCOME TO ALL.

GOSPEL HALL
Cor. 97th St. and 104th Ave.
SUNDAY SERVICES
11:00 a.m.—Breaking of Bread.
3:00 p.m.—Sunday School and Bible Class.
7:30 p.m.—Gospel Service

Tuesday, Prayer Meeting, 8:00 p.m.
Friday, Ministry Meeting, 8:00 p.m.

ANTI-SEMITISM
JESUS SAID:
"SALVATION IS OF THE JEWS"

THE WORLD SAYS:
"DOWN WITH THE JEWS"

WHAT ABOUT YOU?
"Friends of Israel" say if you believe in the bible and in the teaching of Christ you will befriend and pray for the Jews.

Join Us Thursday—8:00 p.m. at 10589 103rd Street
K. O. Stensland, Director

Sunday
11:00 A.M.
FIRST BAPTIST CHURCH
1260 on Your Dial

Anti-Semitism
Anti-Christian

Anti-Semitism is not only false in theory but futile in practice. It accomplishes no good, while wreaking incalculable wrong. Anti-Semitism, like all other racial hatreds, has never contributed in the slightest to the solution of any problem.

—The Hon. Frank Murphy, Associate Justice of the Supreme Court of the United States.

WESTERN CANADA MISSION TO THE JEWS
REV. HUGO BRITZER, DIRECTOR
158 Aiking Street, WINNIPEG

Baptist Official
Leaves For London

Dr. Edwin A. Bell of the American Baptist Foreign Mission Society has left for London to confer with British denominational officials on plans for reopening Baptist work in Europe.

During his stay in London, Dr. Bell will make arrangements through exiled governments for assisting Baptist and other Christian groups in the new occupied countries of Poland, Belgium, Holland, Norway, Denmark and Estonia.

He is also expected to visit Sweden shortly to discuss with Baptist groups relief needs of European refugees there, and will go to Paris where the American Baptist Foreign Mission Society formerly had its European headquarters.

As liberated areas become accessible Dr. Bell will meet with autonomous continental Baptist groups to survey their ministerial needs, aid relief efforts, assist church rebuilding programs, and help in re-establishing theological institutions.

Dr. Bell also hopes to arrange for an early exchange of American and European Baptist leaders.



METROPOLITAN.—The Rev. R. M. Thompson, minister of Metropolitan United church, who has selected as his topic "Knowing One Another" for the Sunday morning service. In the evening students from St. Stephen's Theological College will conduct the service. Mr. Gerry Larue, B.A., who will preach, will be assisted by other students.

Unlike most of the cat family, tigers swim well and like water.

The Presbyterian
Church in Canada

FIRST

PRESBYTERIAN CHURCH

Minister, Rev. J. MacBeath Miller, M.A., B.D.

11 a.m.—"NOW OR NEVER"

SQUADRON-LEADER H. E. D. ASHFORD, B.D.

Antiphon: "God Is a Spirit" (Bennett)

Solo: "Spirit of God" (Neidinger) — Mrs. D. McKechnie.

The Business and Professional Women's Club will attend this service.

7:30 p.m.—ORGAN RECITAL

7:30 p.m.—SPECIAL SERVICE OF PRAISE

Combined Senior and Junior Choirs

Subject: "THOSE WHO RUN A RACE"

Antiphon: "Faithful Shepherd Feed Me" (Blair) — The Junior Choir.

Ladies' Chorus: "The Lord Is My Shepherd" (Schubert)

Solo: "Spirit Divine" (Hamblen) — Mr. H. S. Fawcett.

Chorus: "13th Psalm" (Mendelssohn) — Soloist: Kathleen Newcombe.

4:30 p.m.—Afternoon Tea and Fellowship Hour for girls resident in the city whose homes are out of town.

8:45 p.m.—Young People's Firsides

ST. ANDREW'S
PRESBYTERIAN CHURCH

86th Street and 117 Avenue

Minister, Rev. H. Douglas Stewart, B.A.

11 a.m.—"WHAT IS THE USE OF RELIGION?"

Antiphon: "The Lord Is My Shepherd"

7:30 p.m.—"HOW FAITH HANDLES FEAR"

Soloist: Miss Kathleen Clark

STRATHCONA
PRESBYTERIAN CHURCH

81 Avenue and 105 Street

Interim Moderator, REV. WM. SIMONS

11:00 a.m.—Subject:

"REBUILDING JERUSALEM'S BROKEN WALLS IN FACE OF OPPOSITION"

12:15 p.m.—Sunday School

7:30 p.m.—"THE GENTLENESS OF GOD WHICH MAKES MEN GREAT"

GEORGE HUTCHINSON, Minister

WESTMOUNT
PRESBYTERIAN CHURCH

110 Avenue and 126 Street

11 a.m.—MR. T. BAKER

12:15 p.m.—Sunday School

RUPERT STREET
PRESBYTERIAN CHURCH

70 Avenue and 105A Street

Minister, Rev. Wm. Simons

11 a.m.—MORNING WORSHIP

MR. ROY FRASER

12:15 p.m.—Sunday School

Christian and Missionary Alliance

COME TO

Beulah Tabernacle

of the

CHRISTIAN AND MISSIONARY ALLIANCE

98th Street and 107th Avenue

REV. EDWARD F. MAPSTONE, PASTOR

T. Elgar Roberts, Musical Director

SUNDAY SCHOOL—10:15 A.M.

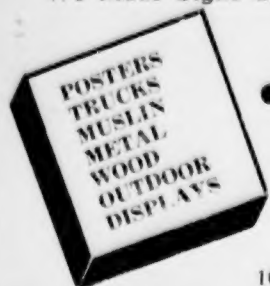
MORNING WORSHIP—11:30 A.M.

"ESCAPE FOR THY LIFE"

EVENING SERVICE—7:30 P.M.

Commercial Signs

We Made Signs Before We Could Talk



●●GOOD LUCK TO
PRINGLE
HATCHERIES

10418 100 Ave. H. Spelman

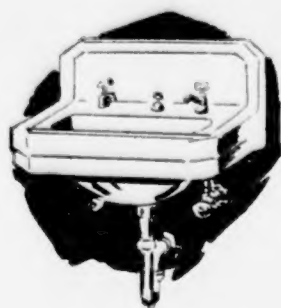
B. A. MOIR

● SERVICE WITH ECONOMY ●

Plumbing

Heating

Gas
Fitting



OFFICE AND
SHOWROOM
10530 97th St.

27556
PHONE

Good Luck
To
PRINGLE
Hatcheries

Rule, Wynn & Rule

Architects

254 Birks Bldg.

Edmonton

Phone 21434

Office Equipment and Supplies

Our
Best Wishes
for
Continued
Success
to the
PRINGLE
Hatcheries

- OFFICE DESKS AND TABLES
- TILTER SWIVEL CHAIRS
- STENO POSTURE CHAIRS
- RECEPTION ROOM CHAIRS
- OFFICE LETTER TRAYS
- WOOD WASTE BASKETS
- OFFICE SUPPLIES AND STATIONERY

10 Days to Three Weeks Delivery
on Office Equipment Made
to Order.

Walkinshaw Office
Equipment Co.

Phone 23855.

104 La Fleche Bldg.

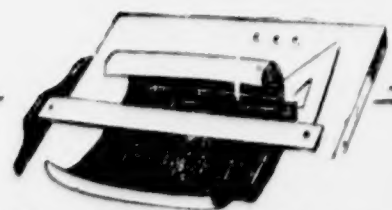
Half Block South of Jasper on 102nd Street.

R. H. RAE BUILDING CONTRACTOR

We Extend Our
Congratulations
to the

Pringle Hatcheries

on the expansion
and success of
their business



Plan With Confidence

The modernizing of your present business premises or the building of a new plant, warehouse or retail store should be planned with full confidence in your general contractor. Our years of experience in Building in Edmonton is at your service and you can

PLAN WITH US WITH CONFIDENCE

9712 115 Ave. Ph. 73616.

6004 Ada Blvd. Ph. 72785

Pringle Electric Hatcheries Plant Opens

Every Modern Convenience To Increase Efficiency Included in Equipment

Constructed at a cost of \$35,000 including equipment the new Pringle Electric Hatcheries Edmonton, at 10550 101 street, which was officially opened Saturday, utilizes every modern convenience to increase efficiency of producing and handling baby chicks.

The two-storey frame and stucco building is a dream of bright, airy cleanliness. Incubation and handling rooms where the chicks first see the light of day and from where they are shipped to farmers in Alberta, Saskatchewan, Manitoba and British Columbia, are painted in dairy white and bright blue, and the building is air conditioned throughout.

The business office carries out the theme of white-walled efficiency. Asphalt floor tiling and fluorescent lighting are two of the modern conveniences which have been used to good advantage. The large office, which also acts as a reception room for customers, is furnished with a shining black and chromium order counter and modern office equipment.

LARGE BUILDING

The structure is 38 feet wide and 116 feet long and immediately behind the front office is the shipping room where the baby chicks are selected and placed in boxes, made of heavy corrugated paper, for shipment.

In this room the company's chick sexer, Miss Marjorie Smith, the only woman of her profession in Alberta, and one of only two white chick sexers in the province, performs her highly specialized job. Behind this is the incubation

room. There incubators are located here in vault-like separate rooms where the temperature and humidity are maintained at a constant level throughout the incubation period. Two of the incubators have facilities for 45,000 eggs and the third, 25,000 eggs.

As a general rule the baby chicks are shipped out immediately upon hatching but for those kept at the hatchery there is a special brooder room where a capacity of 10,000 chicks can be cared for. This room is on an entirely separate ventilating system.

Cement flooring and drains in the hatchery make it possible to wash the place down completely at frequent intervals.

Every thought has been given to the comfort of the staff at the hatchery which during the hatching season, Feb. 20 to June 15, numbers about 12. Lockers are provided for street clothing and a staff tea room equipped with hot plates, sink, china and silver, table and chairs, makes it a convenient place for lunch or an afternoon snack. Shower facilities have also been provided for members of the staff.

MIDDLE EAST CANTEN

CAIRO.—(CP)—The general officer commanding in chief, Middle East, recently opened a new club for African soldiers in Cairo, with refreshments, games and gramophone records available.



IMPORTANT SECTION—In the above picture is shown a section of the battery brooder room in the new Pringle Electric Hatcheries Edmonton Ltd., equipped to brood up to 10,000 day-old chicks.

3,000 Servicemen, Women Returned

HALIFAX, Feb. 24.—(CP)—Arrival of 710 sick and wounded Canadians aboard hospital ship Letitia yesterday brought to 3,000 the number of servicemen and women who have arrived in Canada within the past few days. Tuesday, the Lady Nelson brought 300 wounded to Halifax, while 1,800 "medical-walking" cases arrived at an Atlantic port recently aboard troop transports.

Health Bill

WINNIPEG, Feb. 24.—(CP)—The Manitoba legislature yesterday gave first reading to a health bill aimed at providing Manitoba citizens with curative and preventative medicine, diagnostic facilities and hospital services.

Foolproof Aviation Is Seen After War

VANCOUVER, Feb. 24.—Electronics will make post-war aviation foolproof. In the near future, planes will be able to land and take-off "blind," avoid collisions and pilots will know at any instant how far they are from their destination. All this will be possible by electronics, said T. W. Hall, radio engineer, and Trans-Canada Airlines supervisor of ground station maintenance for Canada, speaking before the Royal Astronomical Society of Vancouver, at the University of British Columbia.



IMPORTANT PART OF PLANT—In the above picture is shown the egg-traying department of Pringle Electric Hatcheries Edmonton Ltd., where eggs are selected, weighed and trayed ready for setting in mammoth incubators. This department handles approximately 35,000 eggs weekly.

STARTED HATCHERIES: Shown herewith are Mr. and Mrs. M. F. Pringle, parents of M. E.



M. F. PRINGLE MRS. M. F. PRINGLE unsurpassed anywhere.



New Edmonton Home PRINGLE BABY CHICKS

Officially Opened Today

SATURDAY, FEBRUARY 24th, 1945

10550 - 101st Street

The Pringle Policy at all three Hatcheries—SERVICE and SATISFACTION during wartime, worthy of the continued support of the farmers and poultrymen of Western Canada, and the support of their returning sons during the happier days of Peace which lie ahead.

A cordial invitation is extended to our customers and friends, everywhere, to visit the New Pringle Hatcheries when in Edmonton.



Above: Newly modernized Pringle Hatchery, Calgary, Alta., operated by Mr. and Mrs. M. F. Pringle.



Modern Pringle Hatchery at Chilliwack, B.C.

TOTAL SETTING CAPACITY OF THE
THREE PRINGLE HATCHERIES
543,000 EGGS

PRINGLE HATCHERIES PRODUCED OVER
1,500,000 CHICKS IN 1944

Pringle Electric Hatcheries 10550 - 101st Street

One and a half blocks north of the C.N.R. Subway.

Modern Pringle Hatcheries Also at Calgary and Chilliwack, B.C.



BUSY PLACE—Above is a view of the general office and sales room in the new Pringle Electric Hatcheries Edmonton Ltd. Orders for more than 800,000 chicks are expected to be handled in the current year.

New Pringle Electric Hatcheries Insures Steady Flow Eggs, Chicks

Pringle Electric Hatcheries Edmonton Limited operates on the assembly line method and a constant flow of eggs and baby chicks is maintained.

According to the president of the company, M. E. "Jerry" Pringle, this is a highly satisfactory method. The hatchery has six hatches a week and work is maintained at a steady level throughout the hatchery season instead of having two or three heavy days each week. During 1944 the three Pringle Hatcheries produced 1,500,000 baby chicks with approximately 800,000 going out from the Edmonton hatchery.

In 1930, M. F. Pringle, father of the president of the Edmonton company, founded Pringle Electric Hatcheries. A former school teacher he was profoundly interested in poultry and felt Alberta farmers should be supplied with the best chicks available from Alberta breeds.

DIFFERENT NOW
Up until that time most of the chicks were imported from the United States and British Columbia whereas now most of them are supplied through local hatcheries.

"We feel that commercial hatcheries have been the medium through which the average farmer's flock has turned from mongrels to purebreds," Mr. Pringle said. Today there are three Pringle Electric Hatcheries, at Edmonton, Calgary and Chetum, B.C.

The building of the new Pringle Electric Hatcheries Edmonton Limited, 10550 101 street is an indication of the confidence the company places in the future of Alberta poultry.

"Canadian farmers are to be congratulated on the splendid record they have achieved in all lines of wartime food production," Mr. Pringle said. "However, the time has come when we can not think in terms of volume alone. An excellent export market has been built up and we are convinced that Canada can, and will, hold her place in the sun, if we all work together to help 'build for peace' by striving to produce higher quality Canadian poultry products."

"Correctly hatched chicks is the first step and we are certainly going to see to it that we do our part."

Eggs used for producing chicks in the Pringle Electric Hatcheries all come from government approved blood tested flocks. Farmers have provincial government poultry men inspect and select their flocks and blood test them to eliminate pullets. Sale of eggs to the hatchery is worked on a co-operative basis with the farmers receiving 50 per cent of the proceeds from the sale of chicks produced from their eggs. Mr. Pringle pointed out that this averages about 35 cents a dozen and said that as this is almost always well above the market price for domestic eggs there is an incentive for the farmers to maintain good flocks and produce for the hatcheries.

VARIES SLIGHTLY

Last year two and a quarter million eggs were set in the three Pringle Electric Hatcheries. Hatchability varies slightly in different climates and altitudes, being higher in lower altitudes and warmer climates.

Eggs received at the hatchery



HEADS COMPANY.—M. E. "Jerry" Pringle, president of Pringle Electric Hatcheries Edmonton Ltd.

must average at least 24 ounces per dozen. Traying the eggs is an important job which must be done carefully and the five or six different breeds must be kept segregated. The trays are all numbered and by some mysterious method the workmen can go into an incubator and pick out a specific egg supplied from the flock of Farmer Brown.

Chicks look like chicks to the average eye but the poultryman can distinguish the different breeds.

During 1944 more than half of the million and a half baby chicks supplied through Pringle Electric Hatcheries were New Hampshires and early orders indicate this breed is maintaining its popularity.

FEW HAZARDS

Shipment of baby chicks with proper care apparently presents few hazards. Because they absorb the yolk of the egg just before emerging from the shell they are able to go about three days without feeding.

Mr. Pringle pointed out that they prefer to ship chicks to points within 36 hours of the hatchery. Sexed chicks have become increasingly popular with Alberta producers and last year Alberta hatcheries sexed 1,400,000. The advantage is in specialized producing where the farmer doesn't want mixed flocks, Mr. Pringle said.

Miss Marjorie Smith, resident sexer for Pringle Electric Hatcheries is the only woman and one of two white chick sexers in the province.

Every care is used in protecting the chicks for safe delivery to the farmer. They are taken from the hatchery to the transportation company in their pullman boxes piled in a heated delivery truck.

100 PER CENT TESTED

Pringle Electric Hatcheries guarantee their chicks are from flocks 100 per cent tested for pulverium which have been government inspected and approved. They also guarantee at least 96 per cent accuracy in sexing baby pullets. If they fail they replace the number short of 96 per cent with pullet chicks or refund in cash.

L. E. Smith is manager of the Edmonton plant.

District News in Brief

Smashed Jerry's Robot Bomb Nests To Win DFC for Successful Flying

PONOKA—Veteran of RAF daylight assaults on Nazi robot bomb emplacements on the continent, FO Paul E. Christenson, RCAF pilot now home on leave, was notified this week that he has been awarded the Distinguished Flying Cross.

The officer believes the award was made in recognition of his successful completion of 37 bombing raids over Berlin and other industrial targets in the Nazi backyard. The entire tour was completed without incident, he said. The only damage his aircraft ever received were cannon and flak bullet holes. FO Christenson advises relatives of Canadian airmen overseas that canned goods are most acceptable in parcels to the men who man the mammoths of the sky—soup, tomato juice and fruit.

Son of Hans D. Christenson, the officer was born in Ponoka in 1922 and received his education there, enlisting on graduation at Edmonton. He received his wings at No. 3 SPTS, Calgary.

About his postwar plans, he is undecided. Right now he's satisfied with "just being home."

Jitney Bonspiel Aids Rest Room Campaign

VEGREVILLE—Jitney Bonspiel held Wednesday raised more funds that will help build a rest room. Well-attended, thespiel was marked by refreshments served by local women. Playing in Lechbridge on the Hank Wolfe rink is Hoster Shaw. Attending the Holden spiel are the Jeffery and Schmidt rinks.

A. W. Fraser, divisional organizer, is in Calgary this week to attend a meeting of the war finance committee in connection with the forthcoming Victory Loan Campaign.

Home on leave here were Cpl. Lolo Lenoch and LAW Helen Dubuc, RCAF (WD).

Hold Whist Drive For Tobacco Fund

JASPER—In aid of the Local Soldiers Tobacco Fund, a whist drive was held with honors at cards being won by Mrs. A. McLachlan, Mrs. Rehnagle, V. Speer and J. Hinkle. In charge of arrangements were Mrs. A. Boer, Sr., and Mrs. J. Brodie. Home on leave here were Sgt. R. Routledge, AC H. Taylor, LAW Verna Hardkoph, Cpl. L. Robson, S-Sgt. A. E. Brain, Sgt. A. St. C. Greave and Pte. R. D. Riley.

Home on Leave

KILLAM—L. Cpl. S. Erickson is home on leave. A telephone crew from Edmonton installed several telephones here this week. Lt. Jack Sinclair and Capt. James Sinclair were visited in Edmonton this week by their father, P. F. Sinclair. PO E. Ilde is visiting his parents.

Aircraft Tires Blown Out: Crew Landed Safely

SEDEWICK—When the tires on his undercarriage blew out just before he landed, FO Harry Baker, RCAF, figured the landing would be a bit messy. However, things turned out well, when the pilot "goosed" the aircraft onto the landing strip with no injury to the crew and minimum damage to the plane.

FO Baker, now home on leave, is the son of H. Baker of Sedgewick. The air gunner was born and educated here, and prior to enlisting, farmed in the district.

The relative ease with which he completed his tour of operations in England, is credited to his pilot and navigator. Both were very good, he stated.

Bomb Aimer to School Shops Tutor Is Aim

KILLAM—From bomb aimer in RCAF war fronts in England, North Africa, Italy and the Balkans, to manual training instructor at one of Alberta's schools, is the ambition of FO Harold L. Merritt, who returned home on leave this week after completing a tour of ops. Prior to enlisting, he taught school at Calmille, Sask.

The son of Mrs. R. D. Parker, FO Merritt was married in Scotland prior to returning home, and is expecting his wife to join him soon.

Recalling his experiences, the officer said "England was very pleasant, parts of Africa, including Egypt, interesting if one could overlook a good deal of sordidness, dirt and flies. Italy is lovely in the summer, wet, cold and uncomfortable in winter."

Three Speakers at Course For Farmers

RED DEER—The second and final day of the agricultural short course held in city hall this week was attended by about 150 farmers of the Red Deer district. The course was the third annual one to be held in Red Deer under auspices of the department of agriculture and the Red Deer Board of Trade. J. E. Birdsell, district agriculturalist, was in charge of arrangements.

Three addresses were heard on the final day. H. J. Mather spoke on weed control, stressing the importance of heavy seeding of competitive crops and fertilizers. He recommended the use of forage crops in rotations.

W. H. T. Mead, supervisor, artificial breeding laboratory, Olds School of Agriculture, spoke on "Artificial Breeding in Alberta." In order for this method to be successful, the speaker said, farmers must be interested from the standpoint of livestock improvement. He warned against interest in this form of breeding based on economy. It must be cooperative in nature, which could be set up as a breeding association for a particular district.

"The Combine in Central Alberta" was the topic of Dr. E. A. Hardy, Department of Agricultural Engineering, University of Saskatchewan.

Thanks Women For Overseas Parcels

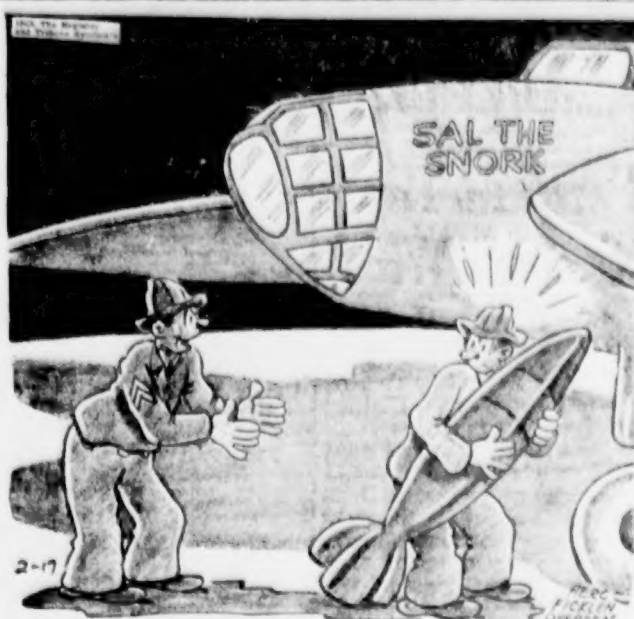
KILLAM—Members of the Soldier's Gift committee gathered at the home of Mrs. E. Smith, were hard at work packing and addressing 60 Easter parcels for the district men serving overseas. Came a knock at the door and in walked PO Edward Ilde, RCAF, home on leave. The officer had dropped in to thank the women personally for the parcels they had sent him while he was overseas.

Overseas Letter

FERINTOSH—Ralph De Wolfe of Ferintosh, a member of the Canadian Authors' Association serving overseas with the RCAF, gave some of his impressions of the RCAF's activities in a recent letter to a friend. He declared that history is being written in Canadian blood. The airman is the son of C. O. DeWolfe and a nephew of Mrs. F. Mattoon.

Mundare Wins

MUNDARE—In a hockey game played here Wednesday, Mundare Intermediates defeated Chipman 7-3. Next game is scheduled for Saturday when Mundare takes on Willingdon.



YOU'RE IN THE ARMY NOW—"Easy with that bomb there—What d'ya wanna do—scratch up our ship?"

'Spiel Underway

BRUDERHEIM—Annual bonspiel is underway here with the following rinks competing: Underhill, Mohr, Strong, McNair, Schultz, Stiner, Christie, Rosnau and Arndt.

Bonspiel Winners

ELK POINT—Curling dance Friday concluded the annual bonspiel held here. With 16 rinks en-

tered the winners are as follows: Grand Challenge, Caskey, Shapka, Beattie, Travis, Merchants, Kurak, Caskey, Travis, Bell, Constellation, Thorne, Milholland, Nelson, Dale.

Vegreville Wins

VERMILION—Vegreville hockey club defeated Vermilion 10-4 on Wednesday. Vermilion defeated two rinks from Willingdon by a small margin in Wednesday's curling match.

Athabasca Man Hears of Polish Kin

ATHABASCA—Nazi atrocities in Poland make a deeper impression on the Athabasca district than might be imagined. John Lukshyk of the Grosmont district this week received a letter from his sister, Mrs. Annie Skladonowska, post-marked Sept. 2, 1944. The postal authorities made good the delivery of the letter despite its being addressed "Athabasca, Norberta, Canada." The letter was written in Lubelski, in the much-heard-of province of Lublin, Poland, and described the Germans' killing of Mr. Lukshyk's brother, and the widow and five children of another brother, deceased. Annie told her brother that "things are 100 times better now than when the Germans were in control."

Nominate Reese At First Meet

SEDEWICK—A Reese was nominated councillor at the first annual meeting of ratepayers of the enlarged district of Flagstaff. Report on activities was given by Secretary C. J. Brown, FO D. Bearish, recently returned from overseas, has been awarded the DFC. Local unit of the Calgary Tanks (R) has been closed out. Members have turned in clothing and equipment. LAC G. Taylor was home on leave.

J. Sigalef Heads Ferintosh Union

FERINTOSH—Annual meeting of the AFU branch elected the following officers: president, J. Sigalef; vice-president, J. P. Olsen; directors, G. Graft, J. Turner, P. Rutz and J. Tronka. Guest speaker was Arnold Olsen of Homestead, who stressed the need for rural electrification. Report of the secretary-treasurer showed a balance of \$22 on hand, and membership of 55.

Last Rites Held Pioneer Farmer

PICARDVILLE—A funeral service for Adelard Gamm, well known district pioneer who died at his home here, was held at St. Renot Roman Catholic Church Thursday. He was 80 years old. Mr. Gamm was born at St. Bernard, Dorchester, Que., and at the age of 35 travelled to the Yukon where he spent six years, moving here later. For a short time, he resided in the New England States. From 1921 to 1931 he was employed by the CNR at Calder. He returned to Picardville in 1942. Surviving are his wife, two daughters and four sons.

Approve Lend-Lease

PARIS, Feb. 24—(AP)—The cabinet approved yesterday a lease-lend agreement recently negotiated in Washington. Its terms have not been made public, but are understood to call for roughly \$2,000,000,000 in United States raw materials, armament and machinery. France in turn would supply about \$1,000,000,000 in goods.

TRUE STORIES OF CANADIAN WAR HEROES

CURRIE...HERO OF THE FALAISE GAP

By GORDON SINCLAIR
Internationally famous
journalist and author
of several best-selling
books on war and travel

ONE of the greatest victories against odds ever scored by Canadian arms was the August closing of the Falaise gap by which parts of two German armies were trapped in Normandy.

Early in that wild battle a scouting force of tanks, assorted guns and infantry, under command of Major David Currie of Owen Sound and Moose Jaw, advanced against a small village to be met with withering fire from heavy guns. This shattered two of Currie's tanks, killed or wounded all of his officers, and left the survivors in dangerous exposure.



That night, Currie entered the village alone and mapped the defences. At dawn, without artillery preparation or further orders, David Currie led an attack, fought six hours, drove the enemy back, and seized half the village.

There Currie set up a defence with such skill that attack after attack was shattered with terrible loss as it approached the major's positions.

So numerous were these attacks throughout three days and nights that no member of the party counted them. In all that time Currie had but one hour of sleep and one tin of food.

When Canadian reinforcements started toward his support, Currie personally led them to positions under intense fire.

When Canadian artillery backed him up, Currie coolly watched his own shells fall within fifteen feet of his own position without calling for a change of range.

When victory came, Currie fell asleep on his feet.

So strong was the final attack that the Canadians shattered seven tanks, twelve guns and forty armoured trucks. They killed 300 Nazis, wounded 500 and took 2100 prisoners. For his cool valour under intense fire, Major David Currie was awarded the Empire's highest medal, the Victoria Cross, and the plaudits of an admiring and grateful homeland.

FROM LUZON TO LUXEMBOURG the enemy is being battered on fronts 13,000 miles apart. The road to final victory is being trod by the front line troops and paved with munitions and material from the home front.

War-needed high-test alcohol from the great U.D.L. plant will continue its important contribution to the overthrow of Fascism in Europe, and after... until the present mighty output may no longer be required on the front lines of freedom.

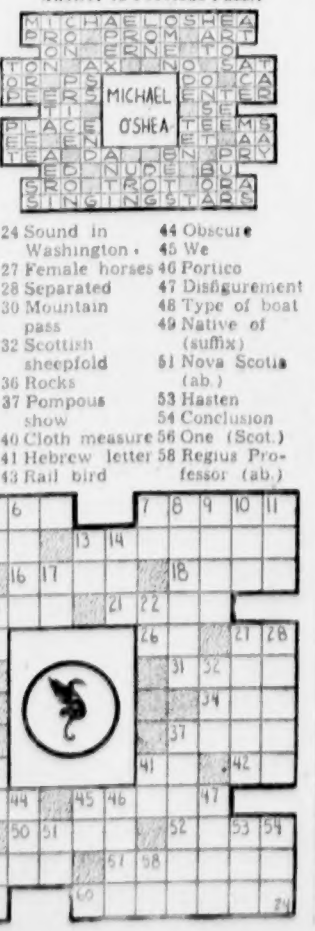


UNITED DISTILLERS LTD.
INDUSTRIAL ALCOHOL DIVISION
VANCOUVER AND GRIMSBY, CANADA

U. S. Naval Air Unit

- HORIZONTAL**
- Depicted in insignia of Scouting Squadron
 - U. S. naval aviation
 - Pilots
 - Tips
 - Coarse file
 - Leaping creature
 - Roster
 - Was sick
 - Limbs
 - Epistle (ab.)
 - Therefore
 - Whirlwind
 - Mother
 - Abundant
 - Snare
 - Self
 - Age
 - Lampreys
 - Equal
 - Right (ab.)
 - Symbol for tellurium
 - Father
 - Street (ab.)
 - Vended
 - Employers
 - Lec
 - Present month (ab.)
 - Pain
 - Rivers
 - Comand
 - Irritate
 - Diminished
- VERTICAL**
- Vehicle
 - Narrow ant
 - Bear

Answer to Previous Puzzle



THAT DIPLOMA IS WORTH \$72,000 TO YOUR BOY

While the actual value of a University degree is beyond the measure of money, authorities have estimated that the average total income of a University graduate in a lifetime is \$136,000.00 against only \$64,000.00 by the person without the benefit of more advanced education. Yet, many boys and girls are deprived of the benefits of a University Education—not because they have not the mental capacity to absorb a higher education, but because their parents cannot afford it.

Make Sure Your Child is Given This Opportunity

The Educational plan offered by Investors Syndicate of Canada Limited will help you to give your boy the opportunity in life you want him to have. This plan is simple, and is as flexible as it is sound. Already thousands of parents are using it to assure their children of a University Education. Your first step is to write for details of the plan today. There is no obligation.



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Please let me have full information about your "Living Protection Plan" without obligation.

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NAME
ADDRESS

Alberta Teams Play Today

Manitoba and Saskatchewan Break Even in Cage Series

SASKATOON, Feb. 24.—(CP).—University of Manitoba and Saskatchewan basketball teams broke even Friday night in the renewal of the Cecil Rice and Nicky trophy inter-university competitions. The Alberta teams go into action this afternoon and evening.

The Manitoba men's team scored a thrilling last second victory over the Saskatchewan Huskies, 23-20, in the Cecil Rice trophy. The score was 22-20 and Doug Cannell, top scorer for the Manitoba team, bagged the winning basket with the last shot of the game. It was an evenly fought battle most of the way.

Alberta's Huskies were too good for the Saskatchewan team, 23-10. The Huskies scored 11 points in the first half and 12 in the second. The Saskatchewan team scored 10 points in the first half and 3 in the second. The Huskies' top scorer was Bud Carson, who scored 10 points and Bud Carson scored nine.

Saskatchewan's top scorer was Bud Carson, who scored 10 points and Bud Carson scored nine.

McSnaden Ties Course Record

MANITOBA, Feb. 24.—(CP).—McSnaden tied the course record in the 100-yard dash at the Manitoba track meet today. He finished in 15.2 seconds, tying the record set by Alvin Harrison in 1934. McSnaden was the only runner to break the 15-second barrier. He was followed by Alvin Harrison, who finished in 15.4 seconds. The third place was taken by Alvin Harrison, who finished in 15.4 seconds.

Canadian Rugby Meeting Today

TORONTO, Feb. 24.—(CP).—A controversial proposal for playing Canadian rugby on a professional basis was discussed today at a meeting of the Canadian Rugby Union. The proposal was made by the Ontario Rugby Union and was met with mixed reactions from the other provinces. The meeting was held at the University of Toronto and was attended by representatives from all the provinces.

GEM

TODAY

NOAH BEERY, Jr.

'Texas to Tokyo'

HOPE HUGHES

"In Old Colorado"

Curling

ALBERTA AVE. CLUB

FRIDAY'S RESULTS

Jameson 10, Hogg 8

Macdonald 10, Hogg 8

TONIGHT'S DRAW

Jameson vs. Hogg

Macdonald vs. Hogg

MONDAY'S DRAW

Jameson vs. Hogg

Macdonald vs. Hogg

WEDNESDAY'S DRAW

Jameson vs. Hogg

Macdonald vs. Hogg

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Macdonald 10, Hogg 8

TONIGHT'S DRAW

Jameson vs. Hogg

Macdonald vs. Hogg

ROYAL CLUB

At 8 p.m.—One sheet for Finals

FRIDAY'S RESULTS

Jameson 10, Hogg 8

Macdonald 10, Hogg 8

TONIGHT'S DRAW

Jameson vs. Hogg

Macdonald vs. Hogg

MONDAY'S DRAW

Jameson vs. Hogg

Macdonald vs. Hogg

WEDNESDAY'S DRAW

Jameson vs. Hogg

Macdonald vs. Hogg

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Macdonald 10, Hogg 8

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WEDNESDAY'S DRAW

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Macdonald vs. Hogg

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WEDNESDAY'S DRAW

Jameson vs. Hogg

Macdonald vs. Hogg

FRIDAY'S RESULTS

Jameson 10, Hogg 8

Macdonald 10, Hogg 8

RIALTO

Today and Monday

Was Love or madness to be her fate?

CHERRY, ANN

THOMAS

MIKE MCKINNEY

THOMAS

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THOMAS

EMPIRE THEATRE

MAR. 1-2-3

—REPERTOIRE

THURS. Eve., 8:30, Mar. 1 CARMEN

FRI. Mat., 2:30, Mar. 2 LA TRAVIATA

FRI. Eve., 8:30, Mar. 2 RIGOLETTO

SAT. Mat., 2:30, Mar. 3 FAUST

SAT. Eve., 8:30, Mar. 3 IL TROVATORE

BOX OFFICE NOW OPEN

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Major and Minor Notes

By John Oliver



JOHN OLIVER



Ruth Draper Demonstrates Art To Large, Appreciative Audience

Celebrated throughout the world for her outstanding ability in the dramatic arts, Ruth Draper returned to the Empire theatre on Friday night and appeared under the auspices of the War Services Council of Northern Alberta in a memorable series of sketches.

The first, entitled "Opening a Bazaar" is a sketch that takes its place alongside the best of its kind seen anywhere. The test of its merit was that in the repetition it proved as attractive and popular as on the previous presentation.

She reached another lofty height in the sketch "Vive la France" when she played the part of a French woman who, in the midst of the war, is forced to live in a small room with a man who is a member of the Resistance.

Miss Draper is unquestionably the outstanding dramatic actress of the city. Her knowledge of human nature and her ability to portray it with such a memorable revelation of splendid acting on an Edmonton stage.



No Immediate Likelihood of New Motor Cars

War equipment production by the Studebaker Corporation is exceeding \$1,000,000 daily as plants work on the supplying of engines for Flivve Ford heavy duty military trucks and amphibious water carriers, D. C. Gaskin, vice-president and general manager, Studebaker Corporation of Canada said here Friday.

He said that permission was granted last fall by the United States authorities to transfer a few men from war production to experiments in regard to post-war civilian production.

VISITING CITY.—D. C. Gaskin, vice-president and general manager, The Studebaker Corporation of Canada, who arrived in Edmonton Friday in the course of a business tour of western Canada.

Perish in Fire

VICTORIA, Feb. 24.—(CP) Mrs. Edith Kinneard, 27, and her 10-year-old son, Donald, were killed tonight in their home on the south end of Graham street, Victoria, B. C., when a fire broke out. The bodies of the two were found in the ruins of the home.

Soviet Ambassador Host at Reception

OTTAWA, Feb. 24.—(CP) The Soviet Ambassador, Mr. Maxim Litvinov, was the guest of honor at a reception given by the Canadian government in Ottawa today. The reception was held at the Canadian embassy and was attended by a large number of government officials and members of the press.

SUNDAY SOLOIST.—Shirley MacDonald, Edmonton soprano, will sing at the Sunday service at the First Presbyterian church.

KNOWS HUMAN NATURE.—The knowledge of human nature is the key to success in business, according to a speaker at a recent lecture.

McKenney On Bridge.—The American Card Association is holding a tournament in Edmonton.

Men Are Working To Exhaustion.—A study has shown that men are working longer hours and are becoming exhausted.

Men, Women Over 40 Feel Weak, Worn, Old?—Want Normal Pep, Vim, Vitality? Dr. Chase's Nerve Food.

To Save Shoe Leather.—A new product has been developed to save shoe leather.

It's a Good Idea!—A new idea for saving time and money.

TREASURY BRANCH.—A new branch of the treasury.

PIANO ORGAN VOICE VIOLIN EXPRESSION THEORY GUITAR.—A new theory for playing instruments.

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Speaker Stresses Balanced Ration

The importance of a balanced ration was stressed by a speaker at a recent lecture. He emphasized that a balanced diet is essential for good health and that it is important to include all the necessary nutrients in our food.

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Hudson's Bay Company

INCORPORATED 2ND MAY 1670.

Stores: Hudson's Bay Company, Ltd., 100, 102, 104, 106, 108, 110, 112, 114, 116, 118, 120, 122, 124, 126, 128, 130, 132, 134, 136, 138, 140, 142, 144, 146, 148, 150, 152, 154, 156, 158, 160, 162, 164, 166, 168, 170, 172, 174, 176, 178, 180, 182, 184, 186, 188, 190, 192, 194, 196, 198, 200, 202, 204, 206, 208, 210, 212, 214, 216, 218, 220, 222, 224, 226, 228, 230, 232, 234, 236, 238, 240, 242, 244, 246, 248, 250, 252, 254, 256, 258, 260, 262, 264, 266, 268, 270, 272, 274, 276, 278, 280, 282, 284, 286, 288, 290, 292, 294, 296, 298, 300, 302, 304, 306, 308, 310, 312, 314, 316, 318, 320, 322, 324, 326, 328, 330, 332, 334, 336, 338, 340, 342, 344, 346, 348, 350, 352, 354, 356, 358, 360, 362, 364, 366, 368, 370, 372, 374, 376, 378, 380, 382, 384, 386, 388, 390, 392, 394, 396, 398, 400, 402, 404, 406, 408, 410, 412, 414, 416, 418, 420, 422, 424, 426, 428, 430, 432, 434, 436, 438, 440, 442, 444, 446, 448, 450, 452, 454, 456, 458, 460, 462, 464, 466, 468, 470, 472, 474, 476, 478, 480, 482, 484, 486, 488, 490, 492, 494, 496, 498, 500, 502, 504, 506, 508, 510, 512, 514, 516, 518, 520, 522, 524, 526, 528, 530, 532, 534, 536, 538, 540, 542, 544, 546, 548, 550, 552, 554, 556, 558, 560, 562, 564, 566, 568, 570, 572, 574, 576, 578, 580, 582, 584, 586, 588, 590, 592, 594, 596, 598, 600, 602, 604, 606, 608, 610, 612, 614, 616, 618, 620, 622, 624, 626, 628, 630, 632, 634, 636, 638, 640, 642, 644, 646, 648, 650, 652, 654, 656, 658, 660, 662, 664, 666, 668, 670, 672, 674, 676, 678, 680, 682, 684, 686, 688, 690, 692, 694, 696, 698, 700, 702, 704, 706, 708, 710, 712, 714, 716, 718, 720, 722, 724, 726, 728, 730, 732, 734, 736, 738, 740, 742, 744, 746, 748, 750, 752, 754, 756, 758, 760, 762, 764, 766, 768, 770, 772, 774, 776, 778, 780, 782, 784, 786, 788, 790, 792, 794, 796, 798, 800, 802, 804, 806, 808, 810, 812, 814, 816, 818, 820, 822, 824, 826, 828, 830, 832, 834, 836, 838, 840, 842, 844, 846, 848, 850, 852, 854, 856, 858, 860, 862, 864, 866, 868, 870, 872, 874, 876, 878, 880, 882, 884, 886, 888, 890, 892, 894, 896, 898, 900, 902, 904, 906, 908, 910, 912, 914, 916, 918, 920, 922, 924, 926, 928, 930, 932, 934, 936, 938, 940, 942, 944, 946, 948, 950, 952, 954, 956, 958, 960, 962, 964, 966, 968, 970, 972, 974, 976, 978, 980, 982, 984, 986, 988, 990, 992, 994, 996, 998, 1000.

Sale of Fiesta Colored Dinnerware!



Sets and Open Stock — Approximately Half Usual Price!

You'll be proud and your friends will admire the beauty of this gayly colored Dinnerware on your table. Monday, Fiesta Ware can be yours for half the usual price! The slight imperfections which make this bargain possible, do not affect the beauty of the solid colors. Choice of turquoise, blue, ivory, yellow or green. Look over the sets and individual pieces listed below, and be on hand first thing Monday to make your selections.

45-Piece Sets	Single Pieces	32-Piece Sets
Settings for 8 Persons		Settings for 6 Persons
12.45		7.95
9 NINE-INCH PLATES	43c	6 NINE-INCH PLATES
4 TEN-INCH PLATES	79c	6 TEN-INCH PLATES
4 TEN-INCH PLATES	43c	6 TEN-INCH PLATES
4 TEN-INCH PLATES	39c	6 TEN-INCH PLATES
4 TEN-INCH PLATES	29c	6 TEN-INCH PLATES
4 TEN-INCH PLATES	20c	6 TEN-INCH PLATES
4 TEN-INCH PLATES	29c	6 TEN-INCH PLATES
4 TEN-INCH PLATES	1.17	6 TEN-INCH PLATES
4 TEN-INCH PLATES	95c	6 TEN-INCH PLATES
4 TEN-INCH PLATES	50c	6 TEN-INCH PLATES
4 TEN-INCH PLATES	1.55	6 TEN-INCH PLATES
4 TEN-INCH PLATES	35c	6 TEN-INCH PLATES
4 TEN-INCH PLATES	78c	6 TEN-INCH PLATES

2 Rolls Kitchen Towels With Dispensers!

- Saves unnecessary washing
- Ideal for greasy pots and pans
- Soft, white, absorbent
- Economical in homes with children
- 320 white towels in roll
- With all-metal towel dispenser

\$1

JANUARY 1945							FEBRUARY 1945							MARCH 1945						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
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8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28
15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31				
22	23	24	25	26	27	28	29	30	31											
29	30	31																		

Edmonton Bulletin

Rationed Foods



Kinsmen Observe 25th Anniversary

I SAW TODAY... leaving the court house, (A)...

Founded on the ideals of fellowship and service to others, the Kinsmen club is active in community affairs and during the war years all clubs have joined in a concerted effort to raise funds for "Milk for Britain".

There will be a meeting of the Edmonton Kinsmen Club at the... (A)...



FORMER CWAC WARRANT OFFICER BACK AT HOME—Packing an overseas parcel for her soldier husband, Capt. J. D. Cardy, is just one of the "chores" that helps Mrs. Cardy get back into the civilian groove after three years in the CWAC. One of the warrant officers first class in Canada, Mrs. Cardy, who is in the 2nd Battalion, is being used to. She is shown above in the kitchen of her home at 1111 1st St. N. W. in recovering from her time in France, Belgium and Holland.

Local Battery Wins Envyable Record Abroad

... (A) ...



Concert Troupe at Wetaskiwin Centre

24th Member Of Police Force Enters Service

... (A) ...

Will Meet Tuesday

... (A) ...



Watch the School Children ...

Former Resident, F. H. Davis Dies

Finley H. Davis, an old time resident in Edmonton, died at Long Beach, Calif., on Feb. 22. He was in the real estate business here in the early days and later built many homes. He was a native of Pictou, N.S., and lived in Pictou from 1880 to 1900. His date of birth was ...

Unique Readjustment Idea "Forty-Eights" for Housewives At Regular Intervals Urged By Former Member of CWAC

Even a housewife faces a difficult task of readjustment after serving a few years in the CWAC. In the following article, readers of The Edmonton Bulletin are told at first hand how one former member of the services faced and won the difficult battle of readjustment that thousands of gallant young Canadians of both sexes are facing through "Forty-Eights".

By JACK DeLONG

A young married woman returning to civilian life after a few years in the Canadian Women's Army Corps is apt to have a few ideas that might be considered "revolutionary" by the traditional pre-war Canadian housewife.

For instance, smiling, friendly ...

ROAD REPORTS

All roads reported in good condition.

Snell & McClung OPTOMETRISTS

J. E. S. McClung
400A Tegler Building

H. J. Snell
Red Deer, Alberta

Lions Entertain Hospital Patients

Members of the Lions' Club entertained patients and staff of the U.S. Base hospital here on Wednesday night. J. C. F. Miller was master of ceremonies.

CARS FOR HIRE

DRIVE-UR-SELF

For Business or Pleasure

Pinkston's Drive-ur-Self Ltd.
Phone 23262. Opp. Macdonald Hotel

D-A-N-C-E

TONITE—MEMORIAL HALL

Regular Dances Every Monday, Tuesday and Saturday

ROLLER SKATE

At the Silver Glade Roller Bowl

124 Street, 105 Avenue

Saturday Afternoon 2:30-4:30; Every Night 7:30-10.

DANCE TONIGHT

AT THE BARN

TO THE MUSIC OF OUR NEW BAND

Stan Fraser

TAXI

BLACK and WHITE CABS LIMITED

22425 PHONES 28338

9803 Jasper Ave. PRES G N WALLIS Edmonton.

If You Miss It, You'll Regret It

SOMETHING ENTIRELY NEW IN A RADIO BROADCAST!

CFRN

9:30 p.m. to 12 p.m.

Mon. and Tues. Feb. 26 and 27

Program Sponsored by the Y's Men's Club

DE YOU ARE LONELY

... (A) ...

INSULATE

With SHAVINGS

and Save Fuel Bills

... (A) ...

No Wonder He's Happy!

... (A) ...

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201 McLeod Bldg. Ph. 25772

EXTRA SPECIAL!

... (A) ...

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10117 Jasper, Next Selkirk Hotel Phone 73857

Dr. Lloyd Murray

DENTIST

807 McLeod Building PHONE 23111

Films Developed

... (A) ...

Continued on Page 17.

The Inquiring Reporter

THE QUESTION

THE ANSWERS

HARRY THOMAS, carpenter. There is plenty of land down ...

... (A) ...

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LANGUAGE "STRANGE"

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Johnstone Walker Limited

Out-of-Town Readers

When Buying Your New Spring Waydrobe

Give First Consideration to Your Home-Town Merchants

Forwarding Charges Are Paid

WOMEN'S AND MISSI'S NEW SPRING SKIRTS

Of Shetland and Herringbone Wool Skirting

At 3.98 to 5.98

JOHN S. BROWN Irish Linen GUEST TOWELS

95c

NEW HAND CRAFT Lunch and Breakfast Cloths

At 2.95 and 3.25

NEW WINDSOR TIES

FOR GENTLEMEN

50c

Johnstone Walker Limited

DOROTHY DIX SAYS—

Gossip-Mongering Saboteurs Dangerous

Nothing So Wanton and Discouraging as Idle Talk Affecting the Lives and Families of Men at War

With all the talk about the war, it is not surprising that the world of gossip-mongering has become a very real and dangerous one. It is the idle talk of the women who are left behind, who are the saboteurs of the war effort. They are the women who are the most dangerous of all, for they are the women who are the most influential. They are the women who are the most powerful, for they are the women who are the most influential. They are the women who are the most powerful, for they are the women who are the most influential.

These are men and women who are the most dangerous of all, for they are the women who are the most influential. They are the women who are the most powerful, for they are the women who are the most influential. They are the women who are the most powerful, for they are the women who are the most influential.

God knows the lot of the man who has left all he cares for in the world to fight for his country. It is a hard enough and full enough of anxiety and agony. The only thing that enables him to bear it is the thought of his family.

And there are a multitude of vicious women who find a grisly pleasure in sabotaging what little peace and happiness the war wives have by trying to shake their faith in their husbands. Their theme song is that you never can trust a man; that no husband is true to his wife if he is not a soldier.

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THESE WOMEN—"Long time since you've seen a dame, isn't it, Joe?"

Personal Health Service

By WILLIAM BRADY, M.D.

WERE ONLY FOOLING

Familiar item in the news. Jon... The very worst effect will be some temporary discomfort. If... The very worst effect will be some temporary discomfort. If... The very worst effect will be some temporary discomfort. If...

And there are a multitude of vicious women who find a grisly pleasure in sabotaging what little peace and happiness the war wives have by trying to shake their faith in their husbands. Their theme song is that you never can trust a man; that no husband is true to his wife if he is not a soldier.

News Notes of Alberta Young People
Devoted to Youth ... Featured Every Week

Girl Guides Hold Annual Meeting

On Monday last, guide committees...

A letter of appreciation was sent from Helen Wood, chairman of the... help extended by the guides and rangers in the canteen.

A report was given by Mrs. A. Frame, divisional commissioner, who expressed the association's regrets in the loss of so many guides who have left to take up duties in other parts of Canada.

A new Cadet Ranger company has been formed under the leadership of Miss Larla Graham. Meetings are held in the basement of Holy Trinity church.

Tribute was paid to Guides and Guides now in the services. In closing Mrs. Frame thanked the members of the association for their support and help in the past year.

McDOUGALL
By Deby Taradash

Hi-School Hi-Lights

By Linnea Vikman

It isn't every day that EHS students... The Chess Club gained notice this week as its new crest appeared.

The Chess Club gained notice this week as its new crest appeared. Members gather in their "Sanctum sanctorum" (Room 19) every noon hour for games.

The Soccer Club basketball team of Vic and Eastwood met on the Vic floor on Wednesday. A chalking up another victory as the 28-5 score revealed.

The Chess Club gained notice this week as its new crest appeared. Members gather in their "Sanctum sanctorum" (Room 19) every noon hour for games.

McDOUGALL
By Deby Taradash

Building Hints For Bird Houses

By Linnea Vikman

DeVancey for her contribution "Peace in a War Torn World" which rated first prize in a recent contest.

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Bulletin Patterns

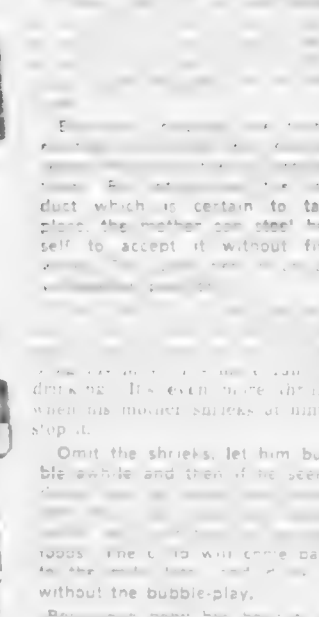
By ANNE ADAMS



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Your Baby And Mine

By ANNE ADAMS



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Young People Name Officers For Year

By Linnea Vikman

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Librarian's Talk To Climax Series

By Linnea Vikman

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Air Cadets Plan Parades For Week

By Linnea Vikman

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Minute Make-Ups

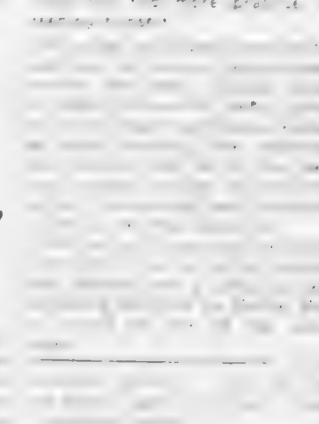
By ANNE ADAMS



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Points for Parents

By ANNE ADAMS



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Hold Everything

By ALICE BROOKS



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By ANNE ADAMS



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Service Personnel of Two Wars Treated in New Hospital

Complete, Fully Equipped Building Can Accommodate More Than 250 Patients

Gallant, self-sacrificing members of Canada's armed forces, who have suffered wounds and other disabilities as a result of service in the Great War of 1914-1918 and the present conflict are being, and will be given medical care and surgical attention in one of the Dominion's most modern complete and well-equipped hospitals, the Colonel Mewburn Pavilion of the University Hospital at 112 street and 86 avenue. The magnificent new hospital was officially opened Thursday afternoon by Hon. James A. MacKinnon, minister of trade and commerce, and MP for Edmonton West.

The spacious new three-story brick and steel structure, which is fire-proofed throughout, has a minimum capacity of 250 beds and cost more than \$500,000 exclusive of its complete and elaborate equipment, and furnishing of the latest type. Patients already are receiving treatment at the hospital.

The pavilion is named in honor of the late Sir John A. Macdonald, premier of the Dominion and a veteran of the first world war. It is the largest and most modern of its kind in the city of Edmonton.

COMPLETELY MODERN

Not only is the new building of great beauty and of the highest quality, but it is also completely modern in its equipment and furnishings.

The pavilion is named in honor of the late Sir John A. Macdonald, premier of the Dominion and a veteran of the first world war. It is the largest and most modern of its kind in the city of Edmonton.

Dr. A. C. McGowan, superintendent of the University hospital, is enthusiastic over the splendid new addition as are all members of the medical and nursing staffs at the South Side hospital. The new building is a considerable improvement over the old one, and will afford considerable relief in the form of bed space for the institution in general.

The pavilion is named in honor of the late Sir John A. Macdonald, premier of the Dominion and a veteran of the first world war. It is the largest and most modern of its kind in the city of Edmonton.



LEAGUE CHAIRMAN FOR LIBRARY—Mrs. Donald G. Stuart of the Lady Aberdeen League, who is chairman of the committee which will maintain the library for patients in the new Col. Mewburn Pavilion of the University hospital. The League is purchasing \$2,000 worth of books and members will staff the library.

Lady Aberdeen League Will Maintain Hospital Library

Maintenance of a library of books and periodicals for patients in the new Col. Mewburn Pavilion of the University hospital will be undertaken by members of the Lady Aberdeen League.

A room has been set aside by the government as a library and has two walls lined with book cases and a lounge furnished with red leather-covered chairs, oak tables and magazine stands. For bedside library service there are library wagons.

While the new pavilion opened Thursday the library will not be completed for a month.

Members of the League first made a survey, under the supervision of Dr. A. C. McGowan, superintendent of the University hospital, to find out the requirements of the patients. Books requested include medical, nursing, detective stories, novels, books of poetry and stories by war correspondents.

It is estimated that \$2,000 will be required to furnish the books. Chairman of the library committee of the League is Mrs. Donald G. Stuart, who says that donations of books in first class condition will be most gratefully received and asked that among with books to give to the hospital telephone her at 3885.

Assisting Mrs. Stuart are Mrs. H. R. Hammond, Mrs. Pat Fletcher, who is president of the League, Mrs. Gordon Milligan, Mrs. Harold Gunning and Mrs. Fred McDougall. All 40 members of the League

Anna Malone, and it is the intention of the women to work closely with the Edmonton Public Library.

The library room is situated on the ground floor of the hospital and is cheery, light and airy with lots of window space. There will be approximately 200 patients in the pavilion, who will use the books.

To raise money for this splendid project the Lady Aberdeen League runs the Rossdale Community Rink, is selling a raffle, will sell programs at the Glenora Skating Carnival and will hold a dance in the Glenora Skating club lounge on March 10.

Members of the League are: Mrs. Pat Fletcher, president; Mrs. D. G. Stuart, Mrs. H. R. Hammond, Mrs. Gordon Milligan, Mrs. Harold Gunning, Mrs. Fred McDougall, Mrs.

W. G. Montgomerie, Mrs. Margaret Galloway, Mrs. G. M. MacPherson, Mrs. R. M. Moore, Mrs. J. D. Hunter, Mrs. Bert Fowler, Mrs. J. E. Allen, Mrs. Philip Scott, Mrs. A. J. Carson, Mrs. Neill Dumas, Mrs. M. McCallum, Mrs. R. McLean, Mrs. Frank Pow, Mrs. J. Shearer, Mrs. Donald Sims, Mrs. Lawrence Wynn, Mrs. J. Dawson, Mrs. J. H. old Richard.

Mrs. Edwin Roach, Mrs. J. Rule, Mrs. Errol Wright, Mrs. Hewson, Mrs. A. M. Brunlees, Mrs. Esther Bowen, Mrs. Nell Campbell, Mrs. John Easton, Mrs. Ross Innes, Mrs. Philip Kendall, Mrs. Shearer, Mrs. W. H. McKinnon, Mrs. R. B. Clarke, Mrs. Thomas McRae, Mrs. R. F. Lloyd.

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**IN THE NEW
MILITARY WING
UNIVERSITY
HOSPITAL**

Executed
By

**KEELER
PAINTING & DECORATING
COMPANY**

10222 105 Street

Phone 25027

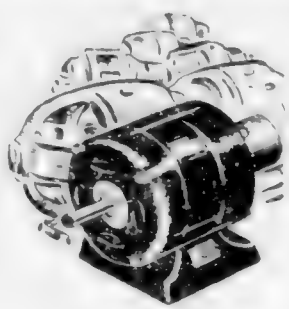
**MARBLE
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TILE**

**IN
Edmonton's
New Military
Hospital**

**Supplied and Installed
by
EMPIRE
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and TILE
COMPANY LIMITED**

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Phone 24890



ELECTRICAL

Installations

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THE
NEW**

**MILITARY
WING
UNIVERSITY
HOSPITAL**

Completed By

**S. E. NOBLE
ELECTRIC**

Electrical Contractors

8631 109 ST.

PHONE 34545

Although the types of war wounded are changing, the principles of surgery will be the same, and there is a complete orthopedic and appliance plant right on the premises.

Another feature that is certain to prove highly popular with service personnel is the modern projection room with dressing rooms and showers for visiting artists. Floors are of hard maple.

LATEST EQUIPMENT

Medical and surgical equipment, including X-ray, is complete and modern.

There is a modern projection room with dressing rooms and showers for visiting artists. Floors are of hard maple.

There is a modern projection room with dressing rooms and showers for visiting artists. Floors are of hard maple.

There is a modern projection room with dressing rooms and showers for visiting artists. Floors are of hard maple.

On the second floor is the general surgery ward. By a system of partitions each patient has far more privacy than is usual in these wards. Post-operative cases will receive the best possible care on this floor.

In addition there is a gleaming new diet kitchen with electric stoves and modern refrigerator.

60 beds for this purpose. There are 60 beds for this purpose. There are 60 beds for this purpose.

Continued on Page Seventeen

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HARDWARE**

For the New Military Wing of
Edmonton's

**UNIVERSITY
HOSPITAL**

Supplied By

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FLYNN**

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9844 106 Street

Phone 25105

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have completed all
plastering
at the new
military
wing, Uni-
versity Hos-
pital.

...HEATING...

*in the New Military
Wing of University
Hospital executed by*

Lockerbie & Hole

Limited

SANITARY AND HEATING ENGINEERS

10178 101 Street

Phone 21768

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Help Wtd.—Male

GRINDER MEN
AND MILL LABORERS

Use This Service

If You Want a Job Or Need Help

Help Wtd.—Fema:

Situations Wtd.-Male "1

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Now Try the Best

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DICTIONARY OF THE CANADIAN GUIDE

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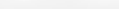
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What's on the Air

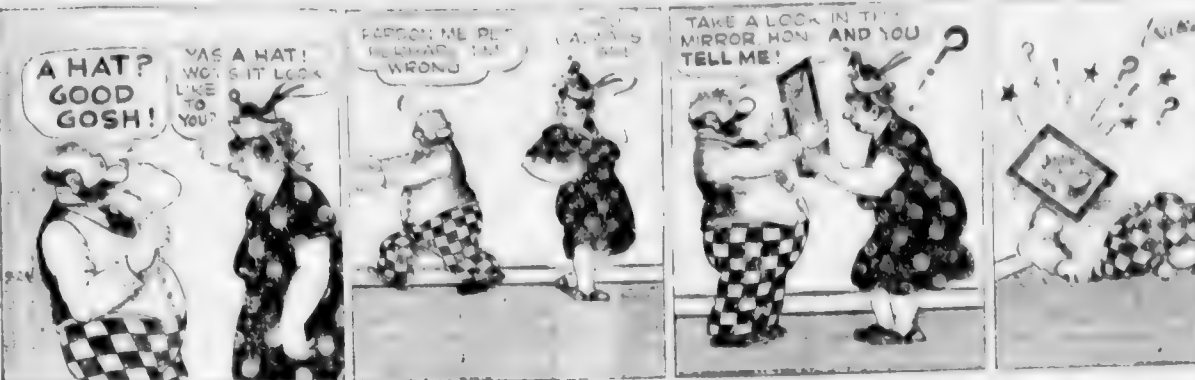
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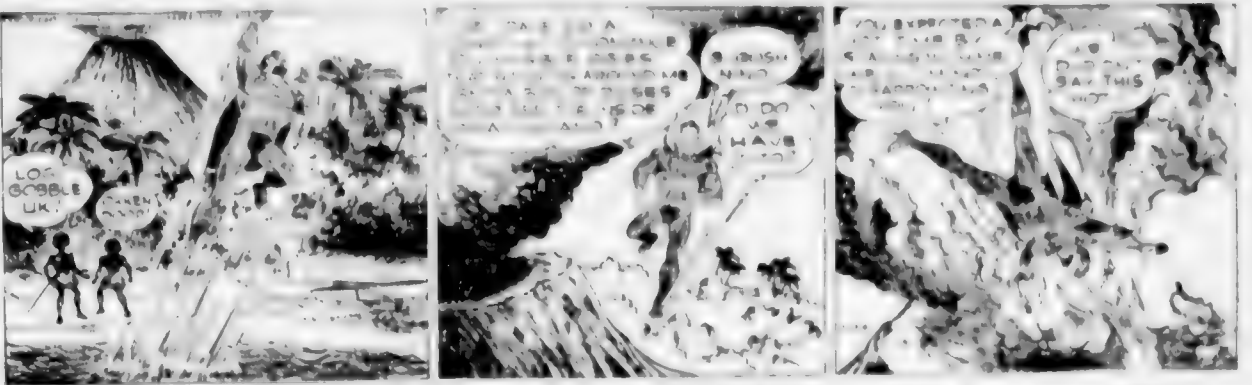


Ronald Colman, Marlene Dietrich "KISMET"

Romance, Adventure, Spectacle, Glamor! in Glorious Technicolor!

CAPITOL

SUPERMAN



Outfit the Entire Family For Less at the

ARMY & NAVY

Visit Daylight Fashion Dept. on 2nd Floor

ORPHAN ANNIE

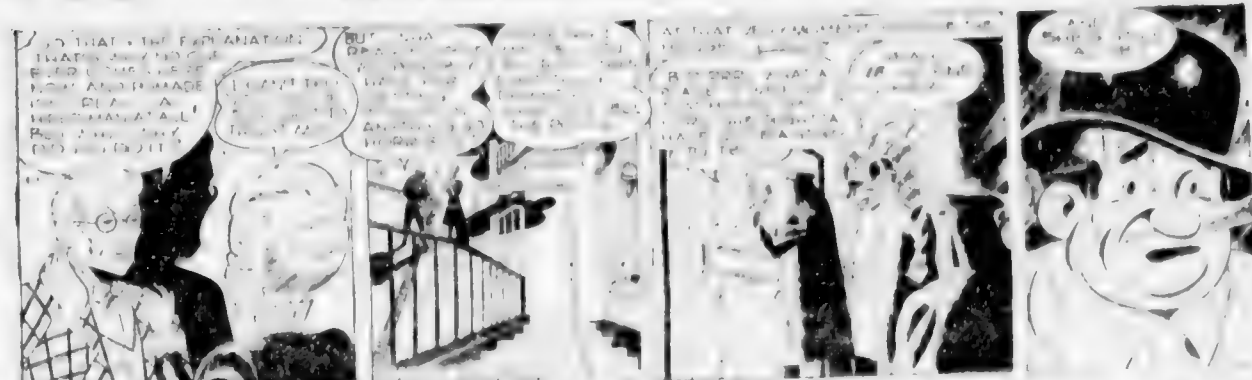


69c

CAPITOL CLEANERS and LAUNDRY

49c

BATMAN ROBIN



NATIONAL HOME FURNISHERS

Jasper Ave.

ALLEY OOP



BOOTS



AROUND HOME



RED RYDER



World News Highlights Presented in Picture Form



FIRST RCAF GLIDER TRAINING BASE TURNS OUT PILOTS TO HAUL TROOP TRANSPORTS INTO BATTLE

Look girls! That's a new glider being towed into the air by a C-47. The Navy has 15,000 tons of cargo in the gliders. The gliders will carry a lot of cargo.

These officers run the new RCAF glider base on the west coast. Left to right: Sergt. D. Brooks, RCAF, Flt.-Lieut. Frank Derbyshire, Flt.-Lieut. P. H. Maxwell, C.O. of the Transport Operational Training Unit, and Flt.-Lieut. P. A. Hartman, DFC.

This glider's snout opens automatically in an attack landing. It can carry 15 fully equipped men on a jeep and crew of two, or a 75-mm. howitzer and carriage. The base is turning out its first transport pilots for this service.



BARRAGE IN WAR OF WORDS Like giant fire-crackers, propaganda outlet containers plunge toward Merselburg, Germany from a U.S. Army bomber. But before these were dropped, sticks of real bombs shook up the Germans below.



WITH CANADIAN UNIT IN ITALY A Canadian soldier in Italy. The soldier is looking down at something in his hands. The background is a hilly, wooded area.

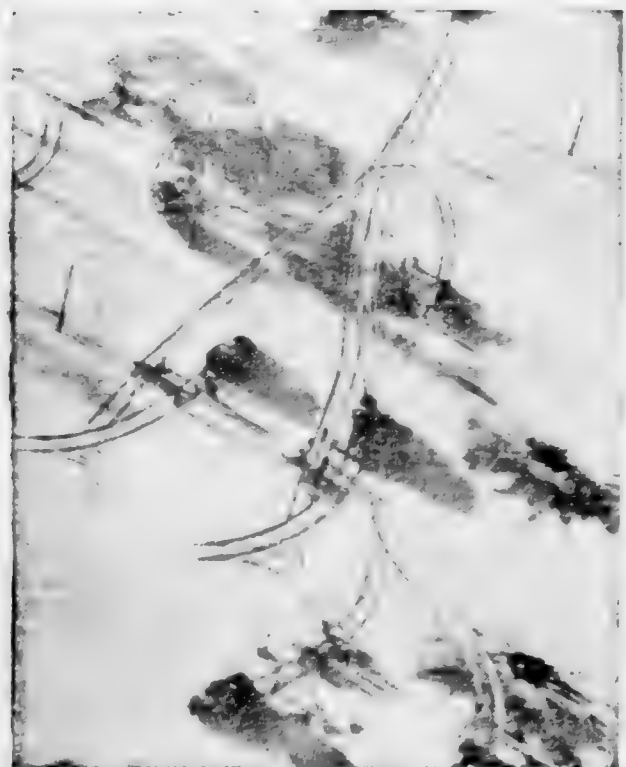


NOT UPSIDE DOWN These two are a good team. The man is a Canadian soldier and the woman is a young child. The man is holding the child and looking down at him. The child is looking up at the man.

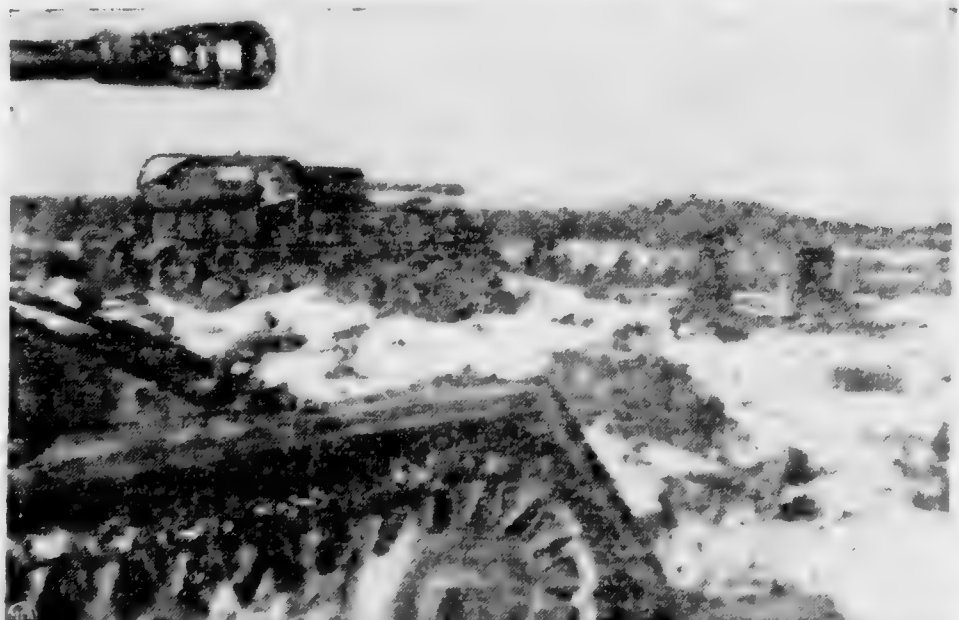


DONALD NELSON REPORTED ENGAGED

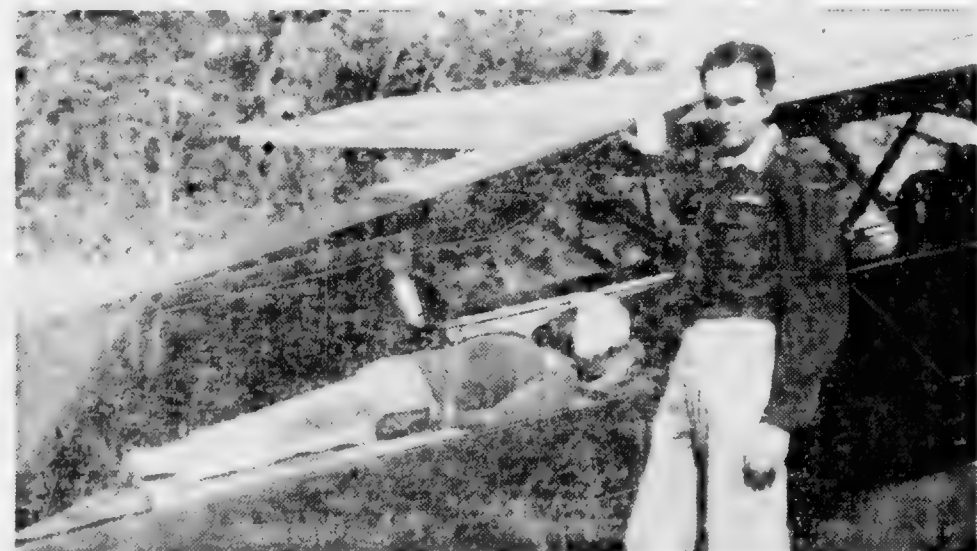
Donald Nelson, 37, reported engaged to Nelson, 30, a student at the University of Chicago. His former wife, Mrs. Nelson, 31, who divorced him recently in Chicago.



DESIGN FOR WAR The design for a new war machine. The machine is a gun or a piece of machinery with various wires and components.



BIDS ADVANCE On the left, a large, dark, irregular shape. The shape is dark and has a rough, uneven surface.



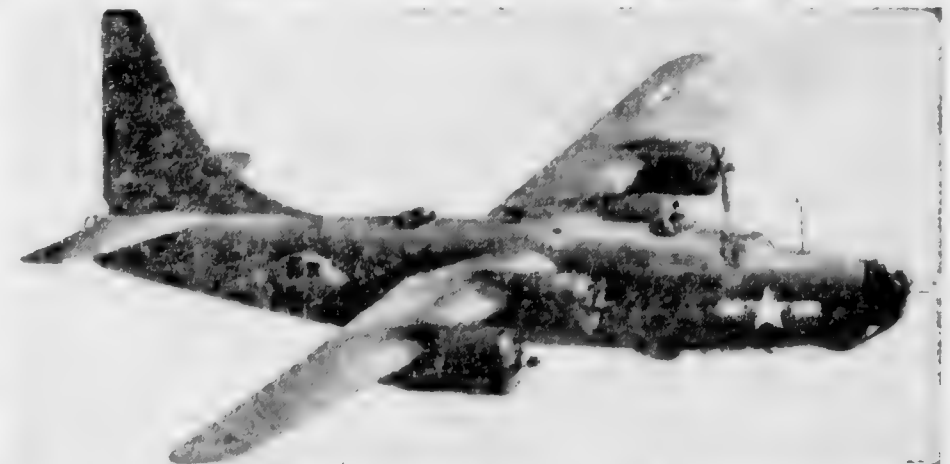
INACID G. WOUNDED FROM BURMA FRONT Canadians are co-operating with the British in Burma. The man is looking at the aircraft. The aircraft has a rounded nose and a flat roof.



GLORIA WED IN NEW YORK Gloria is getting married in New York. The man is wearing a suit and glasses, and the woman is wearing a dark coat.



WINTER ACTION IN HOLLAND The people are standing in a line in a snowy, wooded area. The ground is covered in snow, and there are bare trees in the background.



THE "PRIVATIER" Latest long range weapon of the U.S. Navy is this PRAY 2 land-based patrol bomber and attack version of the famous Consolidated Liberator B-24.



Front view of new plane. It has a longer nose than the Liberator and a single huge fin instead of the Liberator's four. The most powerful, armed aircraft in the U.S. Navy, the "Privatier," as it is named, has six twin .50-caliber targets.

Westglen High Play Accorded Fine Reception

The middle of February found the time to be made that more than 100 persons found themselves at Westglen high school.

The play, "The Night of the Hunter," was given by the drama club of Westglen high school. The play was given in the gymnasium of the school and was given with a fine reception. The play was given by the drama club of Westglen high school. The play was given in the gymnasium of the school and was given with a fine reception.



TODAY'S Range in Grain Prices

MARKETS

Montreal & Toronto

WINNIPEG GRAIN MARKETS

CHICAGO GRAIN MARKETS

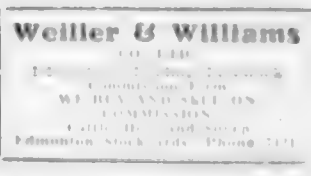
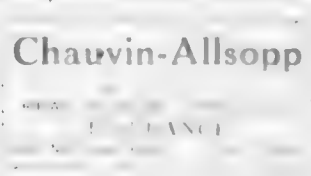
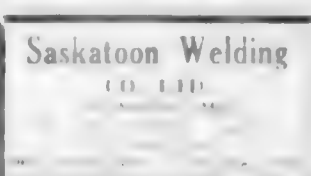
MARKET MOVEMENTS

Grain	Price
Wheat	1.15
Barley	1.10
Oats	1.05
Rye	1.00
Flour	1.00

Grain Inspections

Grain	Inspection
Wheat	1.15
Barley	1.10
Oats	1.05
Rye	1.00
Flour	1.00

Winnipeg Rye Futures Rally



LATE A-DAY—The play was given with a fine reception.

Military Orders

No. 1 (ARMED) DIV. W.S. RENE

New York Stocks

Toronto Stocks

Chicago Grain Futures Firm

Livestock

Edmonton Grain

Dow Jones Averages

CANADA'S VETERANS

Their Post-War Opportunities

The third of three advertisements explaining the re-establishment credit.

How to Make Application For Re-establishment Credit

The first two advertisements in this series have explained the purposes of the re-establishment credit and have outlined the purposes for which it may be used. They have pointed out that the Credit is a non-repayable grant for which all veterans who have served without territorial limitations are eligible, but that it is an alternative to training, continuation of education and benefits under the Veterans' Land Act. It is the purpose of this final advertisement to clarify the method of making application.

APPLY FOR THE GRATUITY FIRST

The gratuity should be paid until the first of January, 1936. In certain instances, such as the purchase of a house, the advice of people with experience is to be followed.

MAKE DEFINITE PLANS BEFORE APPLYING

Before applying for the credit, the applicant should have definite plans for its use. The credit is a non-repayable grant for which all veterans who have served without territorial limitations are eligible, but that it is an alternative to training, continuation of education and benefits under the Veterans' Land Act.

APPLY ON THE PROPER FORM

The application should be made on the proper form. The credit is a non-repayable grant for which all veterans who have served without territorial limitations are eligible, but that it is an alternative to training, continuation of education and benefits under the Veterans' Land Act.

HOW THE CREDIT IS ADMINISTERED

The credit is administered by the Department of Veterans Affairs. The credit is a non-repayable grant for which all veterans who have served without territorial limitations are eligible, but that it is an alternative to training, continuation of education and benefits under the Veterans' Land Act.

FOR COMPLETE INFORMATION WRITE TO THE DEPARTMENT OF VETERANS AFFAIRS

DEPARTMENT OF VETERANS AFFAIRS

KEEP THIS ADVERTISEMENT. IT IS ONE OF A SERIES. SEND IT TO SOME MAN OR WOMAN OVERSEAS.

Alberta Oils

Local Produce

Butter	1.15
Eggs	1.10
Flour	1.05
Rye	1.00
Flour	1.00

INVESTORS

We Have a Real Income Producer

An Apartment in One of Edmonton's Finest Districts.

GLOBE INVESTMENTS

Room 100 La Fleche Bldg.

INSURANCE

FIRE—AUTO—CASUALTY

H. M. E. EVANS & CO. LTD.

Ground Floor, C.P.R. Bldg. Telephone—2424

WE INVITE YOU

An instantaneous service for all clients.

BONDS • STOCKS • GRAIN

James Richardson & Sons

10053A Jasper Ave. EDMONTON Phone 13491



Insure!

In the dark of the night comes the devastating fire, like a treacherous enemy and equally destructive. The best protection is Safe Insurance, and that's the kind of Insurance we sell. Don't wait until a fire occurs. See us now!

Jas. A. MacKinnon Ltd.

FIRE, AUTO, CASUALTY INSURANCE

Ground Floor, Bank of Toronto Building

100A Street Phone 2344

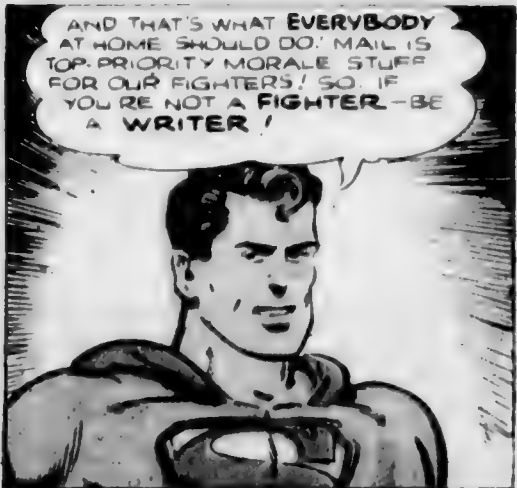
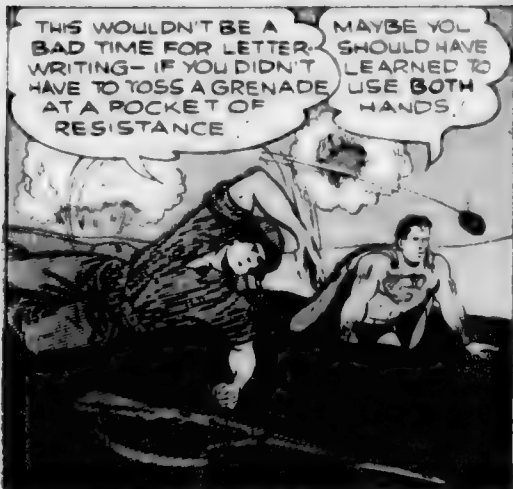
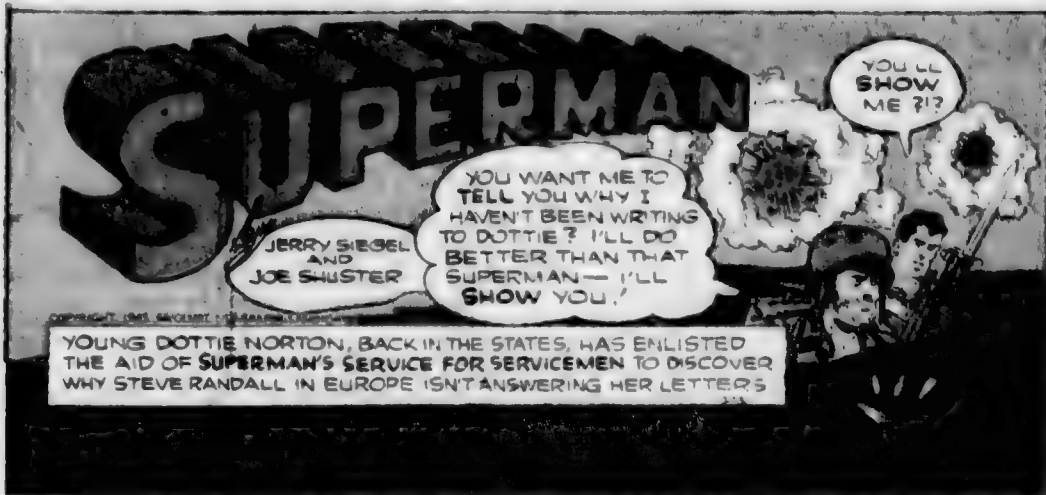
30
Daily
Comics
and
Cartoons

Edmonton Bulletin

Alberta's First Newspaper—Edmonton, Alberta, Saturday, February 24, 1945

ALBERTA'S GREATEST COMIC SECTION

13
Big
Colored
Comics
Weekly



Follow the Thrilling Adventures of Superman Daily in The Bulletin

OUR BOARDING HOUSE

MAJOR HOOPLE



OUT OUR WAY

The Willets

By Williams



Alberta's Most Complete Newspaper—The Bulletin



UNMOUSED

THE Dunc asked for a second serving of dessert. The General cut a slice of baked raisin, which had been stuffed with finely chopped beechnut and seasoned with wintergreen.

"Wish I had a doughnut to eat with this," said the Dunc, as he dipped his Teenie Weenie spoon into the raisin.

"Well, I've told you I'll make the doughnuts if you'll get me the fat to fry them in," the Cook reminded him.

"I've hunted all over the neighborhood and all I could find was that piece of bacon the skunk took from us," said the Dunc.

"I heard of a place where we may be able to get a few walnuts," put in the Cowboy.

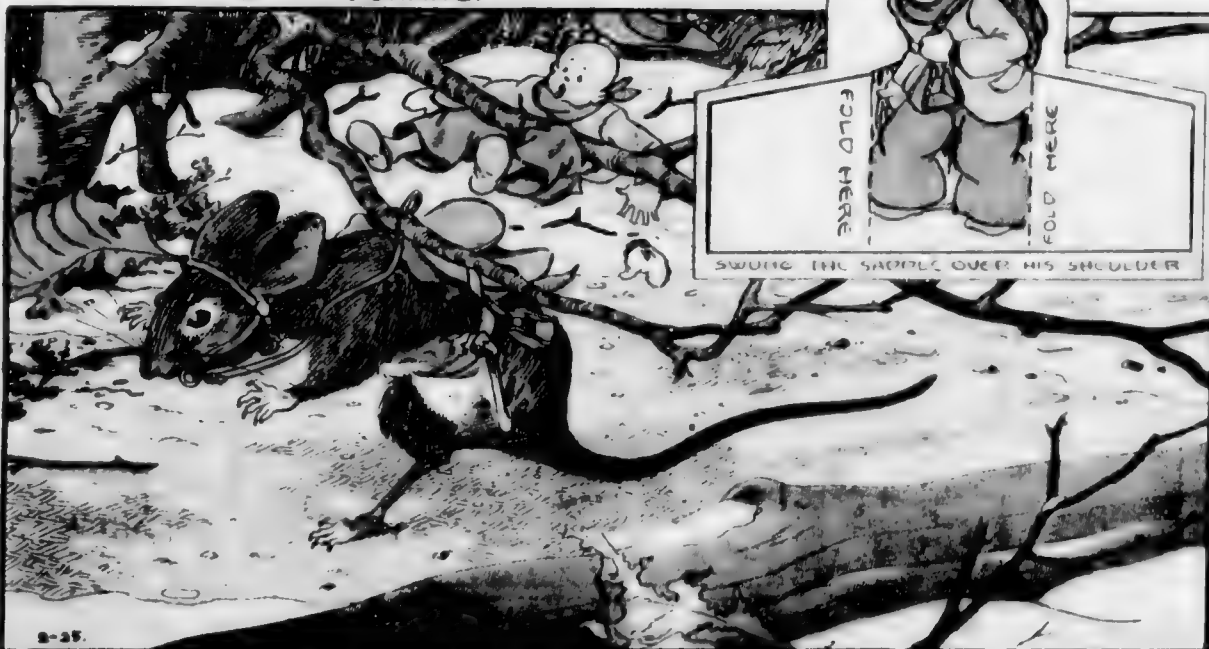
That news delighted the Teenie Weenies, for no doughnuts are so good as those fried in black walnut oil. All the little people around the tiny dinner table shouted, "Where? Where?"

"I heard that a Scotch gray squirrel had quite a lot of walnuts stored," answered the Cowboy. "Maybe we can make a deal with him to let us have a few. He lives over in Whimpie's Woods and, as I'm breaking in a new riding mouse, I thought I would ride over and see if the squirrel would sell us a few nuts."

The next morning the Cowboy saddled his mouse and set off before daylight, because it was a long trip to Whimpie's Woods. It was a clear, cold day, with some snow still lying beneath the dense bushes, and the Cowboy jogged along in fine shape until he had nearly reached the tree in which the gray squirrel lived. Suddenly, the mouse began to tremble and

The TEENIE WEEENIES

BY WM DONAHAY



before the Cowboy, who is a fine mouseman, could stop it, the mouse started to run away. It ran under a bush and some low-hanging branches caught the Cowboy and scraped him off. Before he could get to his feet, the mouse was gone.

There was a faint smell of cat in the air, which probably caused the mouse's strange behavior. The Cowboy hunted for the mouse a long time, but it had completely disappeared. He did find his saddle, which had been scraped off the mouse's back, and

he was glad of that, for it was a handsome one of the finest frogskin leather.

He walked on to the gray squirrel's house, but he was not at home. So the little chap swung his saddle over his shoulder and trudged off on the long walk back to the Teenie Weenie village. It was dark before he arrived at the shoe house. He was very hungry, and the Cook gave him a good supper of fried frog ham, corn bread with apple butter, and plenty of sassafras tea—without doughnuts.



Little Orphan Annie—A Daily Bulletin Feature



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Dorothy Thompson

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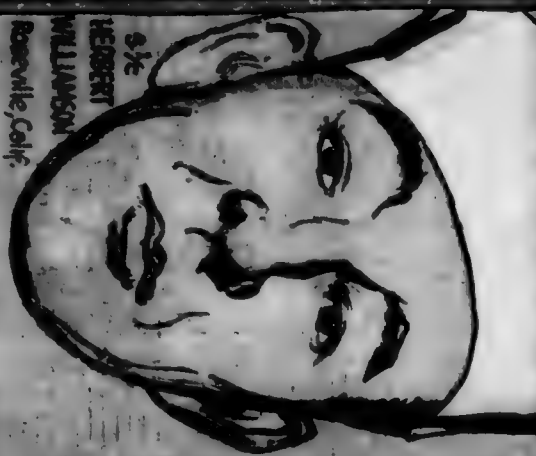
Harold L. Weir

EDMONTON'S OWN COLUMNIST
WRITES FOR THE BULLETIN

ALLEY OOP IS A DAILY BULLETIN FEATURE

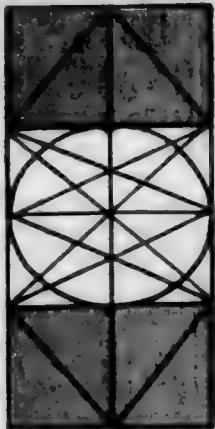


Believe It or Not! by Stryker



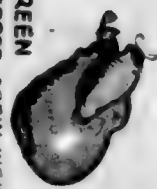
5'6"
HERBERT WILLIAMSON
Roseville, Calif.
WAS BORN 11 1/2 HOUR, 11 1/2 DAY, 11 1/2 MONTH OF THE 11 1/2 YEAR. HAS BOAT CAMP COMPANY NUMBER 3044 TOTALS 11 AND HIS PRESENT ADDRESS IS NORFOLK 11 VIRGINIA

WHICH DISTANCE IS GREATER - ENGLAND TO NEW YORK OR NEW YORK TO ENGLAND?
Answer
Next Sunday

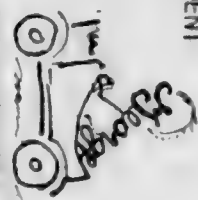


SÄGERKINDUSTRIARBETAREFÖRBUNDSORDFÖRANDEBOSTADEN
SWEDISH WORD MEANING THE RESIDENCE OF THE PRESIDENT OF THE FEDERATION OF SAW MILL INDUSTRY WORKERS.

A DRAWING WITH ALL LETTERS OF THE ALPHABET
by DAVID JONES AGE 12 YEARS
Sequim, Washington



GREEN PEPPER GREW INSIDE A RED ONE
GRAHAM POTHAUS
Bronx, N.Y.



SIGNATURE OF
GEORGE CAPMAN
Detroit, Mich.



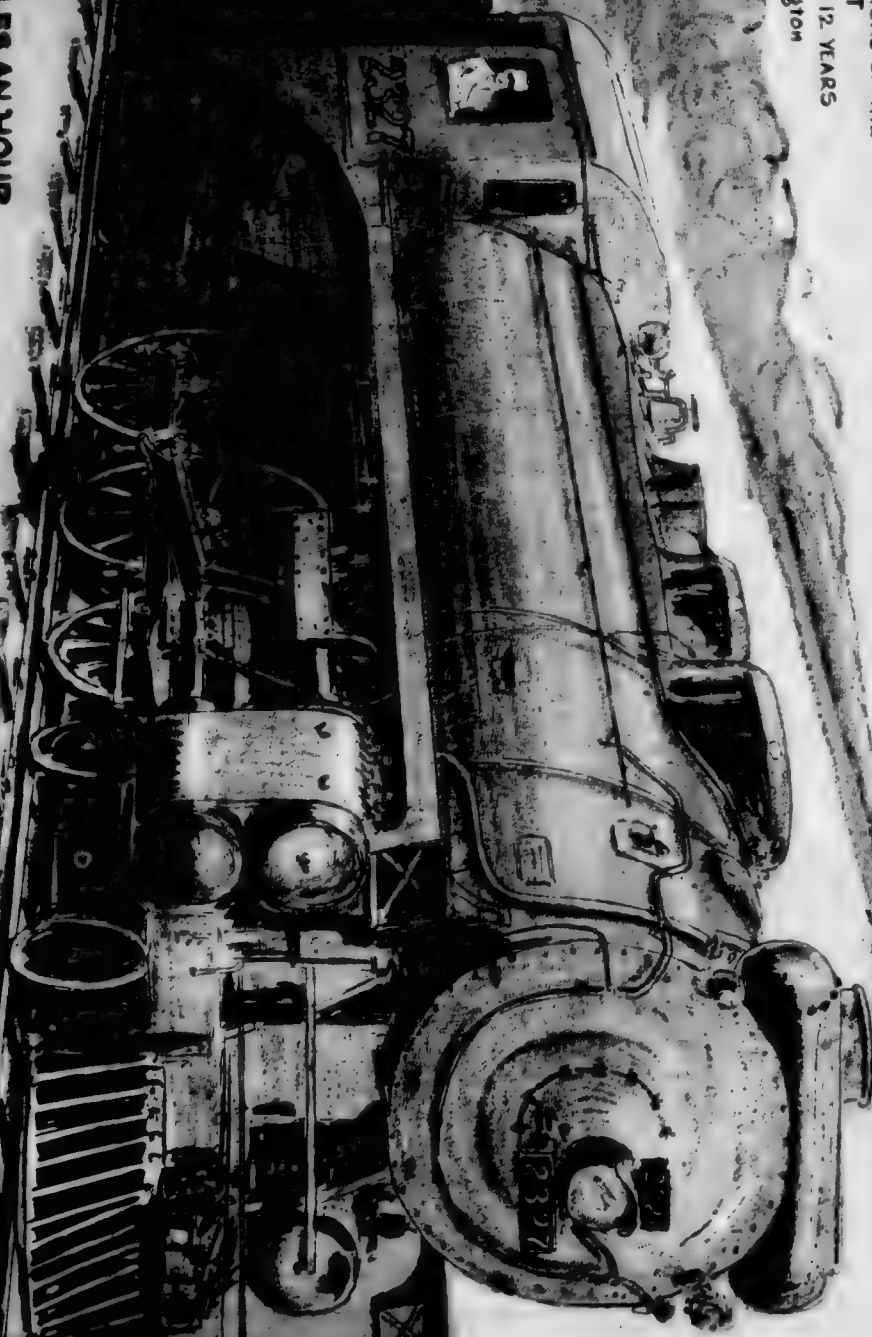
THE GREAT OWL BUTTERFLY
FLIES AT DUSK AND TO PROTECT ITSELF ITS WINGS ARE MARKED TO RESEMBLE AN OWL

RIPLEY'S "BELIEVE IT OR NOT"—Daily Feature

IF YOU HAD STARTED A TRAIN RUNNING AT 22 MILES AN HOUR WITH 40 PASSENGERS AND 346 TONS OF FREIGHT - ITS TASK UP TO NOW - WOULD NOT EQUAL THE ANNUAL LOAD OF ALL U.S. RAILROADS

THE FIRST MAN

U.S. RAILROADS



WORLD WAR II PHOTOGRAPH BY SYNDICATE, INC. WORLD RIGHTS RESERVED

Ripley 2-25

A FULL PAGE OF COMICS DAILY

MORE THAN ANY NEWSPAPER IN ALBERTA

3 UNSURPASSED NEWS SERVICES

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See
Page 7
for
Quality
Tested
"SUNNY
BOY"
Recipes!



Edmonton Bulletin

Alberta's First Newspaper

4th SECTION

EDMONTON, ALBERTA—SATURDAY, FEBRUARY 24, 1945

32 PAGES



"SUNNY
BOY"
The
Good
Food
for
Good
Health!

Seventh

Annual

COOK BOOK

*Home
Cooking
for
Homemakers*

*Tried
and
Tested
Recipes*



Salads

FRENCH DRESSING

1 can tomato soup
1 cup water
1 cup sugar
1 tsp. mustard
1 tsp. minced onion
1 tsp. minced celery
1 tsp. salt
1 tsp. pepper
1 tsp. Worcestershire sauce
1 tsp. vinegar

CABBAGE SALAD FLOWER

6 cups shredded cabbage
2 cups sliced celery
1 cup minced onion (or more)
1 tsp. sugar
1 tsp. salt
1 tsp. pepper
1 cup real mayonnaise
2 raw betts shredded
leaf lettuce

For the dressing, mix sugar and seasonings, add real mayonnaise and mix well. Chill. Arrange leaves of lettuce around the outside of a large glass plate. Place a heaping spoonful of the cabbage mixture on each leaf. Mix remaining cabbage with grated beets and mold in the centre of the plate. Serve with additional real mayonnaise. This quantity makes six servings.

WALNUT MACARONI SALAD

2 1/2 cups uncooked short length macaroni
2 cups sliced celery
1 cup sweet pickle relish or sliced sweet pickles
1/2 cup chopped onion
salt and pepper
1 cup coarsely chopped walnuts
1 cup mayonnaise
1 tsp. prepared mustard
6 tbsps. lemon juice
egg yolk (optional)
walnut halves

Boil macaroni tender in well-salted boiling water; drain and run cold water through it. Add celery, relish or pickle, onion, and salt and pepper to taste. Then add chopped walnuts. Mix thoroughly. And not just in salads use walnuts in different salads. Mix mayonnaise, mustard and lemon juice, add to macaroni thoroughly and lightly. Chill. Serve in lettuce-lined bowl, garnished with egg and walnut halves, strips of pimento if desired. Serves 5 or 6.

SALSIFY SALAD

Boil the salsify till perfectly tender and cut it into inch lengths. Put in a dish and pour over it any salsify salad dressing or toss it lightly with oil and vinegar, salt, pepper.



Baked ham with California glaze is tasty, attractive dish.

SALAD DRESSING

1 tbsps. mustard
1/2 cup flour
2-3 cups brown sugar
1 tsp. salt
mix well
Add 2 eggs, mix smooth, 1 cup sour or sweet milk. Boil 1 cup water, 2-3 cups vinegar. Boil slowly. Stir in the above and add little butter and beat 3 minutes.

VEGETABLE SALAD

1 cup diced celery
1 cup green peas
1 cup diced-cooked potatoes
1 cup diced carrots
onion finely chopped
salt and pepper, mayonnaise
Mix the ingredients with fork to mix mixture from becoming mashed up. Arrange on crisp lettuce and garnish with ripe olives, pimento strips and parsley. Serve cold and soon after making.

SUMMER SALAD BOWL

4 cups diced cooked potatoes
1 cup sliced unpeeled cucumber
1 cup salt and pepper
1 cup mayonnaise
3 sliced cooked wieners
1 1/4 cups sliced celery
2 tomatoes, sectioned
lettuce or other greens
Mix potatoes and cucumber with 1 tsp. salt, 1/2 tsp. pepper and 1/2 cup mayonnaise. Chill. Mix wieners, celery and tomatoes with 1/2 tsp. salt and 1/2 cup mayonnaise. Chill. Divide a large salad bowl in half with salad greens. Heap potato salad in one half of bowl, and wieners salad in the other. Serves 6. Note: Diced leftover meat may replace the wieners.

WILTED LETTUCE SALAD

Cut 6 or 8 slices bacon in squares. Fry over slow heat. Pour off grease into measuring cup as it comes till you have 1/2 cup grease. Cut up 2-3 whole tomatoes, a whole peeled cucumber, a whole green pepper, radishes, onions, celery or any left over vegetable you like. Hard cooked eggs, sliced are nice too. Put in large bowl, tear a bunch leaf lettuce or if you prefer head lettuce in pieces. Mix well. Add bacon. Put grease back in frying pan. Mix 2 lightly beaten eggs with 1/2 cup vinegar and stir into hot grease. Stir until you have a creamy dressing, add a tsp. sugar if you like it sweet. Pour over salad and mix well. Serve.

FRUIT SALAD FOR LUNCH

1 grapefruit
1 apple
2 oranges
walnuts
Peel fruit and cut up fine. Let stand a few minutes before using.

FRENCH DRESSING

1/2 tsp. salt
1 tsp. sugar
1/2 tsp. paprika
1/2 cup vinegar
1/2 cup salad oil
Mix salt, sugar and paprika in a pepper sealer. Add vinegar and oil. Seal the sealer and shake well. Keep in a cool place. Shake well each time before using.

PORK AND BEAN SALAD

1 can pork and beans
1 onion, medium size
2 tbsps. salad dressing
Cut onions finely and mix with beans and salad dressing.

Soups

HOME MADE TOMATO SOUP

1 peck ripe tomatoes
4 big onions
Boil 1/2 hour then strain. Add
1/2 cup sugar
1/2 cup salt
1/2 cup butter
1/2 tsp. pepper
Bring to a boiling point, then
add 1/2 cup flour, 1/2 cup corn starch
and 1/2 cup water and mix a little.
Thicken soup and serve. Seal in
hot sterilized jars tightly.

POTATO SOUP

2 large potatoes.
1 onion.
1 carrot
pepper and salt
2 tbsps. butter
1 qt. milk

TOMATO SOUP

1 peck ripe tomatoes
1 bunch celery
8 onions
1 cup butter and drippings.
mixed
1/2 cup flour
1/2 cup sugar
1/2 cup salt
1/2 tsp. cayenne pepper.

Boil chopped tomatoes, celery and onions until soft, rub through a sieve, add remaining ingredients, bring to boiling point and boil for 5 minutes. Bottle while boiling in sterilized air tight jars.

BEET SOUP

6 small beets
2 cups of spinach shredded
2 onions
1 glass tomato juice
salt, pepper
1 cup sweet cream
2 tbsps. flour
4 tbsps. lemon juice if desired

Peel the beets, add shredded spinach, onions and tomato juice, salt, pepper, let it boil for about 20 minutes, then add 1 cup top cream with 2 tbsps. flour. Add lemon if desired. Lemon gives better flavor.

CANNED TOMATO SOUP

1 basket of ripe tomatoes
1 head of celery
4 onions.
Boil these all together and strain.
Add—
2 tbsps. salt
1/2 cup white sugar
1/2 tsp. cayenne pepper
1/2 cup of flour creamed with
1/2 cup butter
Add to soup and boil till it thickens then bottle.

Steak and Mushroom Gravy

One lb. round steak
1/2 cup onion
1/2 cup mushroom soup
1/2 cup water.
Put in casserole
in oven for 1 hour, broil
heat.

PEA SOUP

1/2 lb. pickled pork
2 cups dried peas
1/2 cup onion
1 stalk celery
3 qts. water.
seasoning
1 oz. flour

Soak peas all night in water. Boil pickled pork in 2 qts. water for 1 hour, then add the peas. Boil another hour, then add onion, celery. Remove pork. Rub the soup through a sieve, return to the pot and thicken with the flour and seasoning.

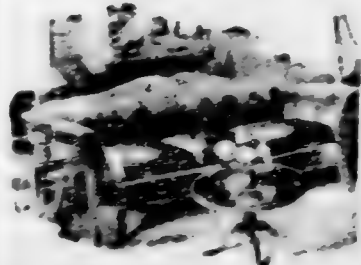
CREAM OF CELERY TOMATO SOUP

2 bunches celery
1 1/2 cups tomato juice
1 1/2 cups milk
2 onions

Salt and pepper to taste.
Break apart bunches of celery, cut in small pieces and boil together with milk and 2 onions in salted boiling water until it is cooked, rub through a coarse colander. Make a sauce with the milk, salt, pepper, add tomato juice, add the celery and the water was boiled and serve hot.

Useful Hints

1. When pouring beer, coffee, cocoa, etc. in a glass, put in a spoon and stir before break. Can be used instead of a cup.
2. To stop juicy pies from oozing over, put macaroni in the pies long in the little holes in the crust, 4 or 5 pieces in each, enough, standing upright, allow steam out. When cooked, pull out macaroni slowly so as not to break. It's marvelous. Try it.
3. On account of war, unable to purchase tin for Christmas trees. Be sure to pick up tin foil from cigarette packages, press even, then in narrow strips, and you are, icicles galore for Christmas tree.



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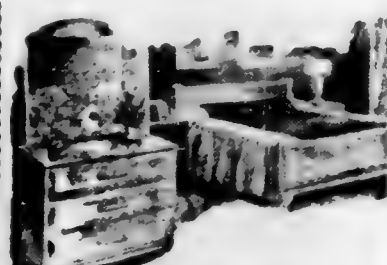
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Lieut. Col. George B. McLeod
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Cakes

CARAMEL TOP CAKE

- 2-3 cup domestic shortening
- 1 cup brown sugar
- 2 cups flour (sifted)

Rub flour and brown sugar through coarse sieve and cut in domestic shortening until mixture is like fine oatmeal. Set aside 1 cup of this mixture, and to the remainder add as below:

- 1 egg
- 1 cup sour milk (if no sour milk, add 2 tbsps. vinegar to 1 cup sweet milk)
- 1 cup raisins
- 1 cup currants (optional)
- 1 tsp. baking soda
- 1 tsp. cinnamon

Beat egg thoroughly. Add sour milk and fruit, mix in baking soda and cinnamon, add to first mixture. Blend lightly and pour into an 8-inch square pan greased. Sprinkle 3 cup of reserved crumbs evenly over top. Bake at 350 degrees F. for 35 to 40 minutes until golden brown and firm on top.

OATMEAL CAKE

- 1 cup brown sugar
- 2 cups oatmeal
- 1/2 cup lard
- 3/4 cup hot water
- 1 tsp. soda in hot water
- 1 cup flour
- 1 tsp. baking powder

WAR CAKE

- 2 cups brown sugar
- 2 tbsps. shortening
- 1 package seedless raisins
- 2 cups hot water

Boil all for 5 minutes and when cold add 2 1/2 cups flour, 1 tsp. soda and spices, salt.

MARASCHINO PARTY CAKE

- 2 1/4 cups cake flour
- 3 tbsps. double-action baking powder
- 1/2 tsp. salt
- 1 1/3 cups sugar
- 1/2 cup high-grade vegetable shortening
- 1/4 cup maraschino cherry juice (from 5-oz. bottle)
- 16 maraschino cherries (cut in eighths)
- 1/2 cup milk
- 1/2 to 2-3 cup egg whites unbeaten (4 large)
- 1/2 cup chopped nuts

Sift dry ingredients together in a bowl. Add shortening (should be soft, not melted), cherry juice, cherries, milk. Beat vigorously with spoon (up and over motion) or mix with electric mixer on slow to medium speed for 2 minutes by clock. Scrape bowl frequently. Add egg whites. Continue beating 2 more minutes (scraping bowl frequently). Fold in nuts. Pour into 2 well-greased and floured 8-inch round layer cake pans. Bake 30-35 minutes in moderate oven (350 degrees). Frost with a white icing and decorate with cherries.

WHITE CAKE

- 4 tbsps. shortening
- 1 1/4 cups white sugar
- 1/2 cup sweet milk
- 2 1/2 cups flour
- 3 tbsps. baking powder
- 1/4 tsp. salt

Sift flour, baking powder, salt together 3 times, then stir all together well, then add the whites of 3 eggs. Beat stiff, then fold in and beat all together for 5 minutes. Bake in layer or in a cake pan. Bake in a medium oven.

PEANUT BUTTER CAKE

- 3 tbsps. peanut butter
- 1 round cup brown sugar
- sprinkle of salt
- 1 heaping tsp. shortening
- 2 tbsps. vanilla
- 1 cup milk or water
- 2 cups sifted flour
- 2 tbsps. baking powder

If you use sour milk use: 1 level tsp. soda, 1/2 tsp. baking powder. Use same size cup for all measurements.

Icing for Peanut Butter Cake

- 1 cup icing sugar
- 2 tbsps. peanut butter
- 1 tsp. vanilla
- 1/2 tsp. melted butter

TWO EGG CAKE

- 2 tbsps. butter
- 2 eggs
- 1/4 cup sugar
- 1/2 cup milk
- 2 tbsps. baking powder
- 1 tsp. vanilla

Mix in order given. Beat for 2 or 3 minutes, put in tin 8x8. Bake in moderate oven for 25 minutes.

CRUMB SPICE CAKE

- (No Sugar) (Pudding)
- 1 cup dry breadcrumbs
- 1 pt. hot milk
- Let milk stand on crumbs until absorbed. Add—
- 1/4 tsp. salt
- 1/2 cup molasses
- 1/4 tsp. cinnamon
- 1 egg
- 1/2 tsp. mixed pastry spices also nutmeg
- 2-3 cup raisins (or currants)
- 1/4 cup prunes

Mix and bake 45 minutes (moderate oven). Prunes should be soaked in cold water overnight. (Can omit prunes, add dates instead.)

NUT LOAF CAKE

- 1 cup butter
- 1 1/4 cups sugar
- 3 eggs
- 1/4 cup milk
- 3 cups flour
- 3 tbsps. baking powder
- 1 1/2 cups chopped hickory, pecans or walnuts
- 1/4 tsp. salt
- 1 tsp. vanilla extract

Beat butter until soft and creamy; add sugar and yolks of eggs, beating well. Sift flour with baking powder and salt and add, alternately, a little at a time with milk, mix well, but do not beat, add nuts and flavoring, fold in stiffly beaten egg whites, mix well. Pour into well greased and floured pan and bake 1 hour and 40 minutes in moderate oven at 325 deg. F.

MOLASSES LAYER CAKE

- 1 cup molasses
- 1/2 cup sugar
- 2 egg yolks
- 1/2 cup sour milk
- 2 tbsps. melted butter
- 1 tsp. soda
- 1 tsp. cinnamon
- 1/2 tsp. cloves
- 1/2 cups flour
- Bake in 2 layers

EGGLESS CAKE

- Cream together—
- 1/2 cup brown sugar
- 1/2 cup shortening
- salt
- 1 tsp. cinnamon
- 1 tsp. cloves
- 1 tsp. allspice
- 1 cup sour milk
- 1 tsp. soda
- 2 1/4 cups flour
- 1/2 cup raisins and currants
- Bake in moderate oven.

DATE CAKE

- 1/2 cup butter
- 1 cup brown sugar
- 2 eggs
- 1 tsp. vanilla
- 1 1/4 cups flour
- 1 tsp. soda
- 1 lb. chopped dates
- 1/4 tsp. salt
- 1/4 cup warm water

Cream butter and sugar, beat eggs, then flour, baking soda and salt (which have been sifted together) alternately with fruit, nuts and warm water. Beat all together till creamy. Put mixture into well greased pan and bake in moderate oven 50 minutes.

BANANA CAKE

- 1 cup sugar
- 1 egg
- 1 cup sweet milk
- 1 tsp. soda
- 1 tsp. baking powder
- 1 cup mashed bananas (3)
- 1/2 cup butter
- 2 cups flour

WALNUT LOAF

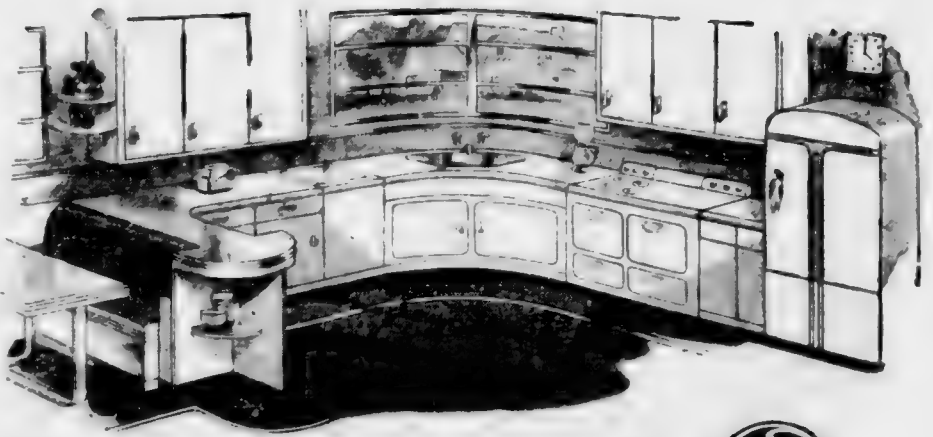
- 2 cups flour
- 2 tbsps. baking powder
- 1 cup sugar
- 1 egg
- 1 tbsps. shortening
- 1 cup sweet milk
- 1 cup walnut meats, cut small

BANANA CAKE

- 1/2 cup brown sugar
- 1/2 cup white sugar
- 1/2 cup butter or lard
- 2 tbsps. sweet milk
- 1 egg
- 1 cup mashed bananas
- 1 1/2 cups flour
- 1 tsp. baking powder
- 1 tsp. soda in hot water

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Cakes

FRUITY LOAF CAKE

1-3 cup shortening
1 cup brown or gran. sugar
1 1/2 cups raisins
1 1/4 cups water
2 cups enriched flour
1/2 tsp. salt
2 tps. baking powder
1/2 tsp. soda
1 tsp. cinnamon
1/2 tsp. cloves
1/2 tsp. nutmeg
1/2 tsp. mace
1 tsp. vanilla
1/2 cup chopped walnuts

Mix shortening, sugar, raisins and water. Cook 3 minutes; cool. Add sifted dry ingredients, mix thoroughly, add vanilla and nut meats, pour into waxed paper lined bake dish, bake 1 hour at 350 deg.

MARBLE CAKE

2 cups flour
4 tps. baking powder
1/2 tsp. salt
1/2 cup butter
1 cup fine sugar
3 eggs
1 tsp. vanilla
1/2 cup milk
2 squares of melted unsweetened chocolate

Sift flour once, add baking powder and salt. Sift three times. Cream butter, adding sugar, until very light, add eggs one at a time, beating after each addition, then flour and milk alternately. Add vanilla. Divide batter into two parts. To one part add melted chocolate. Into greased loaf pan place light and dark mixture alternately, a tps. at a time. Then run fork through mixture lengthwise. Bake at 350 deg. F. about 50 minutes.

SOUR CREAM CAKE

1 cup white sugar
2 eggs in a cup and fill up with sour cream and mix well
1 1/4 cups flour
1 tsp. baking powder
1 tsp. vanilla
Add to first mixture, and mix well and bake

JELLY ROLL

3 egg whites, beaten stiff
3 egg yolks, beat in with the egg whites
3/4 cup brown sugar
3/4 cup flour
1 1/2 tps. baking powder
Put in large cake pan and bake 15 minutes. When baked, spread with jam or jelly and roll.

SOUR CREAM CAKE

3 eggs
1 cup sour cream
1 cup granulated sugar
1/2 cup butter
1 tsp. soda
2 cups flour
Beat yolks and whites separately. Mix sour cream and whites of eggs and add last. Flavor with vanilla and just before placing in oven add 10 cents worth of chopped walnuts.

WHITE MOUNTAIN CAKE

1/2 cup shortening
1 1/2 cups sugar
2 1/2 cups flour
3 tps. baking powder
1/4 tsp. salt
1 cup milk
1 tsp. vanilla
4 eggs, beaten stiffly
Cream shortening, add sugar. Sift flour, baking powder and salt together and add milk and vanilla. Add eggs last. Bake at 350 deg. F.

BANANA CAKE

1/2 cup shortening
1 cup sugar
1 egg
2 tps. milk
1 1/2 cups flour
1 tsp. baking powder
1 tsp. soda
1 cup mashed bananas
vanilla
Cream butter, add sugar, egg and milk. Add soda to mashed bananas and add to mixture. Sift flour and baking powder. Add vanilla.

CRUMB CAKE

1 1/2 cups flour
1/2 cup butter
1 cup brown sugar
Add
1/2 cup buttermilk
1 tsp. soda
2 eggs
Keep 1/2 cup crumbs for top of cake

ORANGEADE CAKE

orange peel
1 cup raisins
1/2 cup nuts
1/2 cup shortening
1 cup sugar
2 eggs
1 tsp. maple flavor
3/4 cup orange juice
1/2 tsp. salt
1 tsp. soda
2 cups sifted flour
1 cup sugar
1-3 cup orange juice

Remove the outer, bright colored layer of orange peel from 1 orange. Combine with raisins and nuts. Put through food chopper. Cream shortening and sugar thoroughly. Add eggs and maple flavor, beating in well. Add chopped fruit and nut mixture. Sift salt and soda with flour and add alternately with orange juice. Turn into greased pan and bake in a moderate oven for 1 hour. While hot spread with the cup of sugar mixed with 1-3 cup orange juice. This orange mixture forms a tempting sugar coating on cake. Serve warm; or cool in pan and serve.

COCOA CAKE

1 cup brown sugar
1 heaping tps. butter, melted
1 egg
1 cup sour milk
1 tsp. soda (dissolved in milk)
1 tsp. vanilla
1/2 tsp. salt
2 tps. cocoa sifted 3 times
1 cup flour

CHOCOLATE CAKE

Mix and beat together—
yolk of an egg
1/2 cup sugar
1/2 cup cocoa
1/2 cup milk
Let cool
1 scant cup sugar, white or brown
1/2 cup shortening (butter and shortening mixed)
1/2 cup milk
2 eggs
pinch of salt
2 cups flour
1 tsp. baking powder
1 tsp. baking soda in 1/2 cup hot water
vanilla

Cream sugar and shortening, add eggs. Sift flour three times with baking powder and salt, add milk and baking soda. Then add boiled mixture and vanilla. Bake in layer tins.

KENTUCKY WHITE CAKE

1/2 cup butter
2 tps. baking powder
1 tsp. flavoring
1 cup milk
1 1/2 cups sugar
1/2 tsp. salt
4 egg whites
3 cups pastry flour
Cream butter and sugar, sift flour, salt and baking powder together, add with milk a little at a time, add flavoring and lastly stiffly beaten whites of eggs. Put batter in well greased tins. This makes three layers

MY HUSBAND'S FAVORITE

2 cups sifted flour
1 tsp. soda
1/4 tsp. salt
1/2 cup butter or shortening
1 1/2 cups brown sugar
2 eggs or 3 egg yolk, unbeaten
2 or 3 squares chocolate or 1/2 cup cocoa
1 cup milk
1 tsp. vanilla

Sift flour once, measure, add soda and salt. Sift 3 times. Cream shortening, add sugar gradually, cream until light, add eggs 1 at a time beating after each. Add melted chocolate (or cocoa mixed with boiling water) add flour alternately with mild beating after each addition. Add vanilla. Bake in square or loaf pan, in moderate oven (325 deg. F.) 1 hour or until done, or in 2 deep 9-inch layer pans, 25 minutes 350 deg. F. or until done. Top with chocolate or butter frosting.

STRAWBERRY JAM CAKE

1/4 cup granulated sugar
1/2 cup butter
2 eggs
2 cups strawberry jam
1 tsp. baking soda in jam
1 cup raisins
some mixed peels and nuts
1 tsp. cinnamon and nutmeg
1 cup flour
1 tsp. baking powder in flour
Will keep fresh for a long time

CHOCOLATE CAKE

1/2 cup shortening
1/2 cup sugar
2 eggs
1/2 cup milk
1 1/2 cups flour
2 1/2 tps. baking powder
1 oz. melted chocolate or 1/4 cup cocoa

Use same method as in pound cake recipe. If cocoa is used it should be melted and added last.

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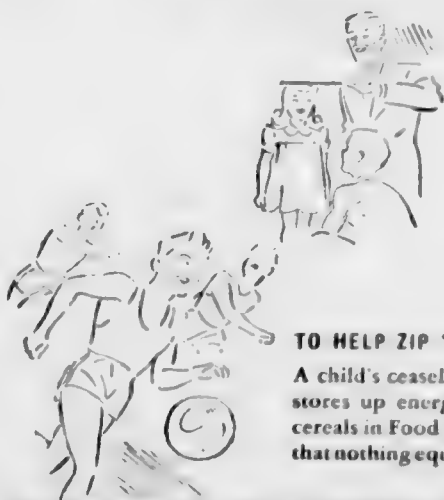
From infancy, the basic requirement of every growing child for normal growth and stamina is Protein. Oatmeal leads all other natural cereals in this element. Hot or cold, wheat, corn or rice, oatmeal beats them all.

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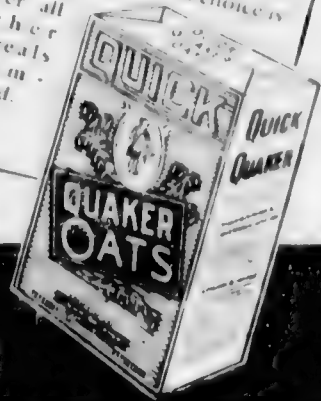
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A child's ceaseless activity demands food that stores up energy. Oatmeal leads all natural cereals in Food Energy. No wonder people say that nothing equals Quaker Oats for active days.



FOOD EXPERTS VOTE FOR QUAKER OATS

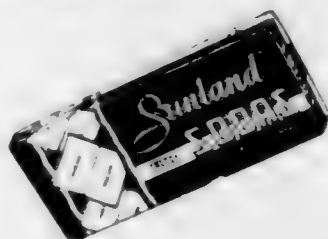
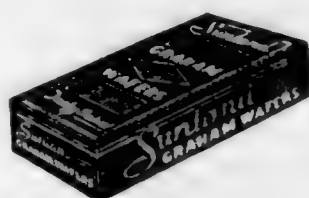
In a recent national survey among 2,500 Dietitians, Nurses, Home Economics teachers, 9 out of 10 agree that children and adults alike need a hot breakfast. And by a vote of two to one, their first choice is oatmeal, over all other cereals combined.



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For hot cereal breakfast for five persons—

Put 1 cup Sunny Boy Cereal into 4 cups boiling water; add 1 teaspoon salt and cook for 10 to 20 minutes. Serve with cream and brown sugar.

SUNNY BOY LOAF

- 2 cups brown sugar
- 1 tablespoon butter
- 1 egg
- 1 cup raisins
- 1 cup sour milk
- 1 cup white flour
- 1 cup Sunny Boy
- 1 teaspoon soda

Method — Mix in order given. Dissolve soda in milk; stir, then add dry ingredients. Place in greased pan and cook in moderate oven 35 minutes.

SUNNY BOY MUFFINS

- 1 egg
- 1/2 cup sugar
- 2 tablespoons lard
- 1 cup sour milk
- 1 teaspoon soda
- 1/2 teaspoon salt
- 1 cup Sunny Boy
- 1 cup white flour

Method — Mix in order given. Dissolve soda in milk; stir, then add dry ingredients; turn into greased muffin pans. Bake in hot oven 25 minutes.

SUNNY BOY HEALTH PUDDING

- 1/2 cup cooked Sunny Boy Cereal
- 2 eggs (beaten)
- 1/2 cup brown sugar
- 2 cups good milk
- 1 cup dates or raisins

Mix all together and put into a greased pudding dish. Bake 25 minutes. Serve with cream and sugar.

SUNNY BOY BROWN BREAD (No Yeast)

- 2 breakfast cups whole wheat flour
- 1 breakfast cup Sunny Boy Cereal
- 1 tablespoon shortening
- 1 tablespoon golden syrup
- 1 breakfast cup milk (or more if required)
- 1 teaspoon baking soda
- 1 teaspoon cream of tartar
- 1/2 teaspoon salt

Method — Rub shortening into flour; add all dry ingredients, then sugar, slightly warmed and mixed with milk. Add more milk if required to make a real moist dough. Mix well and turn into a well greased loaf tin. Bake in moderate oven for 40 minutes. (Sunny Boy Cereal may be previously soaked in the milk.)

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Candy

CHOCOLATE FUDGE

- 1 cup white sugar
- 2 ozs. chocolate or 4 tbsps. cocoa
- 3/4 cup milk
- 1 cup brown sugar
- 2 tbsps. butter
- 1 tsp. vanilla

Cook sugar, butter, chocolate and milk in a saucepan, stir until chocolate and sugar are dissolved. Boil, stirring occasionally until it forms a soft ball when dropped into cold water. Cool slightly, add nuts and vanilla. Beat until creamy, pour into a buttered pan. Mark in squares before it hardens. One tsp. flour added with the sugar tends to make smooth candy.

BUTTERSCOTCH TOFFEE

- 1 cup white sugar
- 1 cup corn syrup
- 1/2 cup butter

Mix well and boil until it sets in water. Add 1 tsp. vanilla and pour in buttered pan to set.

POPCORN BALLS

- 2 cups of sugar
- 1/2 cup water
- 2 tbsps. butter
- 1 tsp. of any extract

Boil until it forms a hard ball in cold water. Pour over popcorn and form into balls as quickly as possible.

WALNUT CANDY

- 2 cups brown sugar
- 1/2 cup milk
- 1 tsp. vanilla
- a little salt

Boil until it gets quite firm when tested in cold water. Beat until quite thick then add 1/2 cup walnut meats, pour into greased plates and cut into squares.

MAPLE CREAM FUDGE

- 3 cups light brown sugar
- 1-3 cup corn syrup
- 1-3 cup milk
- 2 tbsps. butter
- 1/2 tsp. salt
- 1/2 cup chopped nut meats
- 1/2 tsp. vanilla

Method: Put sugar, syrup, milk, butter, salt into saucepan. Stir gently over low heat until dissolved. Boil without stirring, to softball stage. Remove from heat. Cool, and beat until creamy and thick. Add nuts and vanilla. Pour in pan lightly oiled. Mark in squares while still soft.

"SUNNY BOY" JAM AND BACON MUFFINS (Use above Sunny Boy recipe)

Line muffin tins with thin sliced bacon. Place small spoonful batter in tin, a teaspoonful jam or marmalade in centre of batter and cover with another small spoonful muffin batter. Bake in hot oven 25 minutes.

SUNNY BOY COOKIES

- 1 1/2 cups Sunny Boy Cereal
- 1 1/2 cups white flour
- 1 1/2 cups white sugar
- 3/4 cups shortening
- 1/2 teaspoon salt (small)
- 1/2 teaspoon baking soda
- 1 teaspoon ginger
- 1 teaspoon nutmeg
- 1 teaspoon cinnamon

Method—Mix all dry ingredients well together, then add three quarters cup Roger's Syrup (warm) and 1 well beaten egg. Form into balls, put in pan far apart, and bake in moderate oven.

SUNNY BOY MEAT LEAF

- 1 1/2 lbs. grated beef
- 1/2 lb. grated pork
- 1 cup Sunny Boy
- 1 teaspoon salt (small)
- dash of pepper
- 2 eggs
- 1 small onion (chopped fine)

Method — Combine all the ingredients and mix well together. Bake in over 1 hour. If desired a can of tomatoes (strained) can be poured over this after well browned.

Ideal Diet by Canada's Food Rules

By ALICE WATSON
Red Cross Nutritionist

1. Milk (pasteurized)—Adults, 1 pint; children, 1 quart. This includes the amount used for cooking purposes. One ounce of cheese may be substituted for one glass of milk.
2. Cereals—One serving of whole grain cereal plus at least four slices of whole wheat or Canada approved bread every day.
3. Vegetables—Two servings daily, preferably leafy, green or yellow, one of which should be raw, plus one serving of potato.
4. Fruits—Two servings daily—one citrus, such as orange, grapefruit or tomato juice, plus one serving of other fruits, fresh, canned or dried.
5. Meat, fish, etc.—One serving a day of meat, fish or meat substitutes (cheese, eggs, dried peas, beans); include liver, kidney or heart once a week. At least 3 to 4 eggs weekly.
6. Cod liver oil—Some source of vitamin D, such as fish liver oils, is essential for all infants and growing children, especially during winter, and may be advisable for adults.
7. Iodized salt—Because we need iodine, and this is the easiest way to secure it.

COCOA FUDGE

- 2 cups granulated sugar
- 2 cups brown sugar
- 1 cup milk
- 1/2 cup cocoa
- 1 cup nuts
- 2 tbsps. butter

Put all ingredients but nuts and butter into a saucepan, stir until sugar is dissolved. Boil without stirring until it forms a soft ball when dropped into a glass of cold water. Cool slightly then beat until creamy, add nuts and butter and pour on greased pan. Mark into squares before it hardens.

CHOCOLATE FUDGE

- 2 cups white sugar
- 1 cup brown sugar
- 2 squares chocolate
- 2 tps. vinegar
- 2 tbsps. butter
- 1 cup milk
- 1/2 tsp. vanilla

FUDGE

- 4 squares chocolate
- 1 lb. powdered sugar
- 1 tsp. butter
- 1 small can evaporated milk
- 1 small can, 5 oz., marshmallow

Grate chocolate and add to sugar, butter and milk. Bring to a boiling point and boil for 10 minutes, stirring constantly to prevent sticking. Remove from fire and add marshmallow. Whip, beating until creamy. Pour into a buttered pan and mark into squares when cool.

CAN'T FAIL BROWN SUGAR FUDGE

- 3 cups brown sugar
- 2 tbsps. flour
- 2 tps. baking powder
- 1/2 tsp. salt
- 3/4 cup milk

Mix dry ingredients well, add milk when it reaches boiling point, add 4 tbsps. butter, boil till it forms soft ball in water, remove from heat, add 1 tsp. vanilla and beat 5 minutes. Pour in buttered dish to cool. Nuts or raisins may be added if desired.

CHOCOLATE NUT CLUSTERS

Melt chocolate as wanted, add nuts (2 cups) and vanilla and carefully stir in corn flakes. Drop by spoonful on wax paper or baking sheet. Chill till cold.

SEAFOAM CANDY

- 2 cups of granulated sugar
- 1 cup of hot water
- 1/2 cup of white corn syrup

Boil the above mixture until it spins a thread from the spoon. Have beaten stiffly 2 egg whites into which you pour half of the above syrup. Put the other half back on and cook it until it snaps good when tested in cold water, then add this also to the egg whites. Then add 1 tsp. of vanilla. Beat until real thick, then drop by spoonfuls into greased pans. This is delicious if a few nuts are added.

HARD CANDY

- 2 cups brown sugar
- 1 cup boiling water

Boil until it hardens in cold water. Add 1 tsp. vanilla.

PEANUT BUTTER FUDGE

- 2 cups sugar
- 1 tbsps cocoa
- 3 tbsps white syrup
- 3 tbsps peanut butter
- 1 rounded tsp butter
- 2-3 cup milk

Mix sugar and cocoa and add syrup and milk. Boil till it forms a soft ball in water. Remove from fire and let cool for about 3 minutes. Add butter and peanut butter and beat till thick. Pour in greased pan to cool and cut into squares.

BANANA MILK SHAKE

One fully ripe banana, 2 cups cold milk, few grains of salt, slice banana into a bowl and beat until creamy, add milk and salt and mix thoroughly. Serve cold.

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Cookies

MONTREAL COOKIES

- 1/2 cup shortening or butter
- 1 cup brown sugar
- 2 eggs, well beaten
- 2 cups cake or pastry flour
- 1 tsp. baking soda
- 1/2 tsp. salt
- 1/2 tsp. vanilla
- 1 cup chopped dates and chopped raisins
- 1/2 cup chopped nuts
- 1/2 cup chopped glazed cherries

Sift the dry ingredients, cream shortening, add sugar gradually, beating between additions, add eggs and mix well, add dry ingredients a little at a time, fold in fruits and nuts. Drop the dough in small spoonfuls on buttered baking sheet spacing them to allow for spreading.

BUTTER COOKIES

- 1 cup butter
- juice of 1/2 lemon
- 1 cup brown sugar
- 1 tsp. cinnamon
- 2 eggs, beaten
- 1/2 tsp. powdered cloves
- grated rind of 1 lemon
- flour

Cream butter, sugar, add eggs, lemon rind and juice, cinnamon, cloves and sufficient flour to roll. Chill, roll thin, shape and bake in moderate oven.

OATMEAL COOKIES

- 2 1/2 cups oatmeal
- 1 cup brown sugar
- 1 cup shortening
- 2 egg whites, beaten stiff
- 2 cups flour, or less
- 1 tsp. baking powder
- 1 tsp. salt
- 1/2 tsp. soda
- 1 tsp. vanilla

Nut meats or raisins may be added if desired.



Festive all-in-one casserole is attractive and tasty dish.

OLD TIME SUGAR COOKIES

- 1/2 cup shortening
- 1/2 tsp. salt
- 1/2 tsp. grated lemon rind
- 1/2 tsp. nutmeg
- 1 cup sugar
- 2 eggs, beaten
- 2 tbsps. milk
- 2 cups flour, sifted with 1 tsp. baking powder and 1/2 tsp. of soda

Drop from teaspoon on greased cookie sheet. Decorate with nuts or coconut and bake at 375 deg. F. for 10 minutes.

SOUR CREAM COOKIES

- 1/2 cup butter
- 1 cup thick sour cream
- 2-3 cup brown sugar, sifted
- 1 egg
- 2 1/4 cups cake flour
- 1/4 tsp. salt
- 1/2 tsp. soda
- 1 1/2 tps. baking powder
- 1/2 cup chopped nuts
- 1/2 cup chopped dates or raisins
- 1/2 tsp. black walnut flavor

You might use 1/4 tsp. nutmeg, 1/4 tsp. allspice in place of walnut flavor. Mix and sift the dry ingredients. Cut in the butter very fine as for pastry. Beat the egg and add to the cream. Add the sifted brown sugar to the cream and egg and combine with the dry ingredients. Add nuts and raisins or dates whatever you have, drop by teaspoonfuls on buttered baking sheet and bake in a moderate oven 350 deg. F. 10 or 12 minutes or until brown.

PEANUT BUTTER COOKIES

- 1/2 cup butter
- 1/2 cup peanut butter
- 1/2 cup white sugar
- 1/2 cup brown sugar
- 1 egg, well beaten
- 1 1/2 cups sifted flour
- 1/2 tsp. baking soda

Cream butter and peanut butter, add sugar and mix in. Then add the beaten egg and last in flour and soda. Mix have been sifted together. Drop by teaspoonfuls on a greased cookie sheet and mark with a wet fork. Bake at 325 deg. F. 10-12 minutes.

ICE BOX COOKIES

- 2 cups brown sugar
- 2 cup butter or lard
- 1 tsp. vanilla
- 2 eggs, unbeaten
- 1/2 tsp. salt
- 3 cups flour
- 1 tsp. of cream of tartar
- 1 tsp. of baking soda

Sift flour, soda, cream of tartar. 3 times, add 1 cup nut meats. Mix thoroughly. Form in a roll and place in ice-box or outside over night or for a week. Makes a medium size batch.

FRUIT COOKIES

- 1 cup raisins, chopped
- 1 cup dates, chopped
- 1 cup nut meats
- 1 1/2 cups brown sugar
- 1 cup shortening
- 1 egg, beaten
- 1 cup sweet milk add 1 tsp. soda
- 2 tps. baking powder
- 1/2 tsp. salt
- 1/2 tsp. cinnamon
- 1/2 tsp. allspice to 1 cup of flour

Chop raisins, nuts, dates, flour and soda. Beat together sugar, shortening and cream them, add beaten egg and sweet milk, add fruit and mix well, add enough flour to make stiff. Butter tins. Pinch off small pieces the size of a walnut, roll in flour and pat out flat and round. Bake in a hot oven.

BOILED RAISIN CAKE

- 1 cup brown sugar
- 1 cup butter or lard
- 1 egg
- 1 tsp. cinnamon
- a grate of nutmeg
- 1/2 tsp. salt
- 1 tsp. baking soda
- 1 1/2 cups raisins
- 1 1/2 cups flour

Mix sugar, butter together and then add egg, cinnamon, nutmeg, salt and dissolve soda in a little cold water. Add flour cook 5 minutes and let stand 10 minutes.

Boiled Icing

One and one-half cups brown sugar, 4 tbsps. water, boil and add threads from spoon and pour over the whites of two beaten eggs. Beat until cool.

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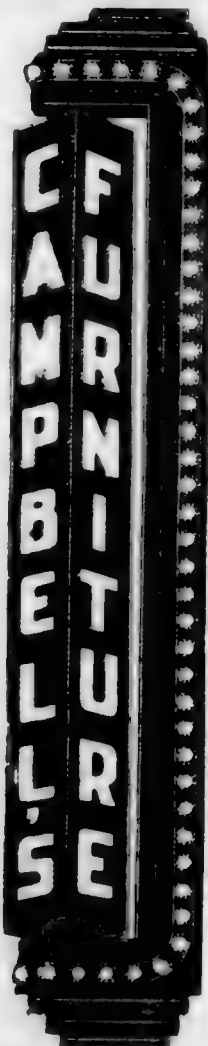
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Pies

LEMON PIE

2 eggs, separated
 1/2 cup sugar
 juice and rind of two lemons
 2 tbsps. cornstarch
 1/2 tsp. salt

Mix altogether in double boiler. Then add 1 1/2 cups boiling water. Cook and cool, put in baked shell. Beat egg whites. Cover filling, add 1 1/2 tsp. sugar and brown.

GRAHAM CHERRY PIE

12 graham crackers
 3 tbsps. powdered sugar
 4 tbsps. butter
 3-4 cups cherries (1 pt.)
 1 cup boiling water
 1/2 cup cherry juice
 1 pkg. cherry jelly powder

Roll crackers fine, add sugar and work in butter which has been softened not melted. Line buttered glass pie plate with mixture with spoon or press or pat with fingers into shape of shell and chill well. Pour water on jelly until dissolved. Add cherry juice. Add strained cherries and set to chill. Add to shell when nearly set. Top with whipped cream.

SURPRISE PIE

2 cups brown sugar
 1/2 cup oatmeal
 1/2 cup milk

Mix well together. Put in bottom of unbaked pie crust and sprinkle with nuts and bake in oven for 20 minutes.

BUTTERSCOTCH PIE

One tsp. butter, 1 cup brown sugar, brown in pan on stove, add 1 cup milk, let get hot, add 2 tbsps. corn starch and stir until thick, add 1 egg yolk and put in baked pie crust. Beat egg white very stiff and put on pie and bake until brown.

BANANA CREAM PIE

One and one-half cups milk
 1/2 tsp. butter, 2 tbsps. corn starch stir until thick, remove from stove and add 3 bananas, 1 tsp. vanilla, 1 egg yolk stir in and put in baked pie crust and beat egg white until stiff, and put on top, put in oven to brown.

OPEN FACE PEACH PIE

1 cup sugar
 1/2 cup butter
 2 tbsps. flour

Line pie plate with a rich paste. Cream butter, sugar and flour till it is crumbly, then sprinkle over peaches. Sprinkle nutmeg over top and bake in medium oven.

LEMON PIE

2 egg yolks
 1 cup white sugar
 1 lemon rind, grated
 juice of 1 lemon
 2 cups boiling water
 2 1/2 tbsps. corn starch
 salt, butter

Pour the 2 cups of boiling water in the top of the double boiler on the stove. Mix together sugar, lemon and rind, egg yolks, corn starch and salt. Pour this mixture into the boiling water slowly and stir until it thickens (will not be very thick). Add butter. Remove from stove when cool. Pour into cooked pastry shell. Cover with the meringue. Brown in oven.

PUMPKIN PIE

4 cups pumpkin pulp
 1 1/2 cups brown sugar
 3/4 tsp. ground ginger
 1 1/2 tbsps. ground cinnamon
 1/2 tsp. mace
 1/4 tsp. nutmeg
 1/4 tsp. ground cloves
 1 tsp. salt
 3 eggs
 2 1/4 cups milk

Pour into uncooked pastry, bake in fairly hot oven 450 deg. F for 15 minutes, then reduce heat to 325 deg. F. and bake for 45 minutes more. This makes two large pies.

BANANA CREAM PIE

(Original Recipe)
 2 eggs (whites for top)
 2 tbsps. flour
 3 tbsps. sugar
 1 tsp. butter
 8 tbsps. vanilla
 1 1/2 cups milk

Pour the above mixture in a baked pie shell in which there has been placed a layer of sliced bananas. Top with beaten egg whites and brown in oven. Let cool.

BOB'S PINEAPPLE PIE

5 tbsps. flour
 2 cups milk
 1/2 tsp. salt
 1 tsp. vanilla
 1 1/2 tbsps. corn starch
 1 large can of pineapple
 5 rounded tbsps. sugar
 3 egg yolks, beaten
 2 tbsps. butter
 3 egg whites

Mix flour, corn starch, salt and sugar in top of a double boiler, add a small amount of milk and stir in well. Add remaining milk and stir in well. Cook over boiling water until thick. Stirring constantly. Add beaten egg yolks mixed with a little of the mixture. Stir until egg is set. Remove from fire and add vanilla, butter and pineapple. Fill in 10-inch pie shell, and cover with meringue made from egg whites and six tbsps. sugar. Bake in a moderately slow oven 300 deg. F. for 30 minutes.

PUMPKIN PIE

1 1/2 cups steamed and strained pumpkin
 2-3 cup brown sugar
 1 tsp. cinnamon
 1/2 tsp. ginger
 1/2 tsp. salt
 2 eggs
 1 1/2 cup cream

Mix ingredients in order given and bake in one crust.

RHUBARB PIE

3 cups rhubarb
 1 cup sugar
 2 tbsps. flour
 1/4 tsp. salt
 2 eggs, beaten

Peel rhubarb and cut in one-half inch pieces before measuring. Line a pie pan with plain pastry. Mix sugar, flour, salt and eggs. Add to the rhubarb and turn into the pie pan. Moisten edge of pastry with water. Cover with top crust. Press edges together and trim. Gash top to let steam escape. Bake in quick oven 425 deg. F. 10 minutes. Reduce heat and continue baking in moderate oven 325 deg. F. 30 minutes.

Plain Pastry

2 cups flour
 1/4 tsp. salt
 2-3 cup shortening

Mix and sift flour and salt. Cut in the shortening with a knife. Add only water enough to hold the ingredients together. Do not knead. Divide dough in two parts and roll out this on a slightly floured board. Line a pie pan with one half the pastry. Pinch pastry with the fingers to make a fancy edge and prick the bottom and sides with a fork. Bake in a very hot oven 400 deg. F. 10 to 15 minutes. For a 2-crust pie, line pie pan with pastry, put in a filling, cover with top crust and bake as directed for pie. If a less rich pastry is desired, use only 1/2 cup shortening. Yield 2 pastry shells.

BANANA CREAM PIE

2 cups milk
 1/2 cup sugar
 2 egg yolks
 1-3 cup corn starch
 1/4 tsp. salt
 1 tsp. vanilla
 1 banana

Put milk on stove to scald. Mix together egg yolks, sugar, corn starch, salt. Pour into milk on stove and stir until it thickens. When cool add vanilla and sliced banana. Pour into baked pie shell. Cover with meringue and brown in the oven.

BANANA CREAM PIE

1/4 cup sugar
 1/4 tsp. salt
 3 tbsps. flour
 2 cups milk
 2 egg yolks
 1/4 tsp. vanilla
 3 ripe bananas
 1 baked pie shell
 2 tbsps. butter

Mix together sugar, flour and salt. Add milk and butter, cook. Stir in egg yolks and vanilla and cook 1 minute longer. Slice bananas over the bottom of shell and pour cream over and then beat the 2 egg whites to a stiff froth, add 1 tbsps. sugar and put on top of pie and put in oven until brown.

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PAGE TEN

EDMONTON BULLETIN—ALBERTA'S FIRST NEWSPAPER—SATURDAY, FEBRUARY 24, 1945

Fruit Cake

FRUIT CAKE
Very Good

- 1 lb. butter
- 1 lb. brown sugar
- 2 lbs. raisins
- 2 lbs. light raisins
- 2 lbs. currants
- 1 1/2 lb. mixed peels
- 1 lb. nuts
- 1 doz. eggs
- 1 tsp. each of spices
- 2 cups buttermilk
- 1 tsp. soda in buttermilk
- 3 slices glazed pineapple
- 10 cents blanched almonds
- 1 qt. drained cherries
- 2 lbs. flour

Bake slow 3 or 4 hours. Makes 10 1/2 lbs. of fruit cake.

WHITE FRUIT CAKE

- 1/2 cup butter
- 1 cup white sugar
- 1/2 cup milk
- 1 cup bread flour
- 3 eggs (separated)
- 1 lb. raisins (sultana)
- 1 lb. coconut
- 1 lb. citron peel
- 1/2 lb. glazed cherries (red and green)
- 1 lb. almonds
- 2 tps. baking powder
- 2 tps. vanilla
- 1 tsp. almond extract

Cream butter and sugar, add beaten egg yolks, add milk and sifted flour alternately, beating well. Add coconut, raisins and peel which have been coated with some of flour. Fold in beaten egg whites, and last of all fold in cherries. Bake in moderately slow oven for two hours. Put water in oven for moisture.

CHRISTMAS CAKE

- 2 cups brown sugar
- 1/2 cup butter
- 6 eggs (whites and yolks beaten separately)
- 1 lb. raisins seeded
- 1 lb. currants washed and dried
- 1 lb. citron peel
- 1 lb. mixed glazed fruit
- 1 cup cooking molasses
- 1/2 cup sour milk

Mix butter and sugar to a cream, add to that 1/2 tsp. grated nutmeg, 1 tsp. ground cinnamon, 1 tsp. cloves. Add to that the molasses and sour milk. Stir all well, then put in the beaten yolks of eggs, 2 tps. lemon juice, 2 tps. cold strong coffee. Stir again, then add 4 cups flour with the egg whites. Last add 1 tsp. soda dissolved in 1 tbsp. hot water, and the glazed fruit and nut meats you care to put in. This will make 3 or 4 medium sized cakes, and should be cooked at 250 deg. for 2 1/2 to 3 hours.

CHRISTMAS CAKE

- 1 lb. butter
- 3 lbs. raisins
- 3 lbs. currants
- 3 cups brown sugar
- 1 lb. nuts

DARK CHRISTMAS CAKE

- 4 cups sugar
- 3 cups melted butter
- 4 cups molasses
- 2 cups sour milk
- 10 eggs
- 2 tps. baking soda
- 2 tps. cinnamon
- 2 tps. cloves
- 2 tps. allspice
- 2 nutmeg
- 8 cups flour
- 1 lb. walnuts
- 1 1/2 lbs. raisins
- 1 1/2 lbs. currants
- 2 lbs. dates
- 1 lb. mixed peels

Bake in hot oven about 400 deg. till done.

THREE FRUIT CAKE

- 1/2 cup butter
- 1 cup white sugar
- 2 eggs
- 2 cups pastry flour, or 1 1/2 cups bread flour
- 1/2 tsp. salt
- 3 tps. baking powder
- 4 tps. crushed banana
- 2 tps. grated orange rind (yellow part only)
- 4 tps. orange pulp
- 1 cup seedless raisins (put through chopper)
- 1/2 cup milk
- 1/2 tsp. vanilla

Cream butter, gradually adding sugar; add beaten eggs and continue beating until mixture is very light. Sift flour once measure add baking powder and salt, sift together twice, add 1/2 dry ingredients to butter mixture, then fruit then remaining dry ingredients and milk alternately. Add vanilla. Turn into greased and floured two layer pans. Bake in moderate oven 350 deg. F. 25 to 30 minutes.

- 1/2 lb. mixed peel
- 2 lbs. dates (raisins will do)
- 1/2 cup corn syrup or molasses
- 1/2 tsp. each of nutmeg, allspice, and cinnamon
- 8 eggs
- 1/2 cup sour milk
- 1 heaping tsp. baking soda in the sour milk
- a little salt
- 6 cups flour

Stir well. Bake in slow oven for 2 1/2 to 3 hours. This will make a 3-layer Christmas cake and one large one besides.

AUNT HARRIET'S CHRISTMAS CAKE

- 3 eggs
- 1/2 cups brown sugar
- 1/2 cup syrup
- 1 cup sour cream
- 1 cup sour milk
- 1/2 cup butter
- 1 tsp. soda
- 3 tps. baking powder
- 1/2 tsp. nutmeg
- 1 tsp. cinnamon
- 1/2 tsp. cloves
- 1 lb. raisins
- 1 lb. currants
- 1/2 cup mixed peel
- flour enough to mix not too stiff

Bake in a slow oven.



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Desserts

TUTTI FRUTTI DESSERT

2 tbsps. butter
2 tbsps. refined corn oil
2 cup corn syrup
1 egg
1 cup cake flour
1 tps. baking powder
1 cup milk
1 tsp. salt
1 tsp. vanilla

Cream together the butter, corn oil and corn syrup. Add egg and beat well. Sift in dry ingredients. Then, with the milk, add vanilla and pour over fruit and syrup mixture in frying pan (as described below). Cake flour makes a tender batter. Use pastry flour if a tougher texture, which is easier to serve neatly, is desired.

Fruit and Syrup Mixture

2 tbsps. butter
1 cup corn syrup
1 to 1-3 cup chopped candied cherries
1 cup sliced or crushed pineapple

Melt butter in frying pan. Add syrup and fruit. When bubbling at a very little, remove from heat and add the batter (above), spreading it without disturbing the fruit. Bake at 350 deg. F. (moderate).

Variation 1. — The amount and kind of fruit may vary. Combine torricots and prunes; peaches and bananas or cherries are excellent with any other fruit.

Variation 2. — Drain a can of cherries and mix with the batter (above). Bake and serve with a sauce made of equal parts corn syrup and syrup from canned cherries. Cook 10 minutes.

APPLE COBBLER

1 cup flour
1 tps. baking powder
1 tsp. salt
3 tbsps. fat
1 tbsps. butter
2 cups apples (sliced)
1 cup sugar
1 tbsps. lemon juice

Combine 1-3 cup milk, 1 tps. shortcake dough with first six ingredients. Roll to 1/2-inch thickness. Pare and slice apples; put in greased pan; dot with butter and sprinkle with sugar; cover with dough and bake at 450 deg. F. from 20 to 25 minutes. Other fruit, fresh or canned, may be used.

APPLES IN AMBUSH

2 cups flour
1 cup shortening
1 cup sugar (brown sugar or honey)
1 cup milk
2 tps. vanilla
2 eggs
4 large tart apples

Method: Melt butter slightly, add sugar, whip the eggs and add the vanilla, beat well as for a cake, do not have too stiff, add a little more milk if required. Peel and cut up apples, 1/2 inch thick, put in a pudding dish, put 3 pieces of butter (size of thumb) around sides of baking dish with the apples and pour batter over this. Bake 25 minutes in moderate oven. Serve with an apple sauce.

STRAWBERRY SHORTCAKE

2 cups flour
3 tps. baking powder
1 tsp. salt
1 cup sugar
1-3 cup milk
softened butter

1 qt. strawberries, mashed; add 1 cup sugar, let stand 2 or 3 hours, cut butter in flour with knife. Stir in enough milk to make smooth dough; divide dough in half. Pat 1/2 into pie pan. Spread softened butter, put rest of dough on top. Bake (450 deg. F.) 15 to 20 minutes. Split dough, spread bottom layer with butter, then strawberry, top layer. Add butter, berries, add whipping cream just before serving.

CREAM PUFFS

1 cup boiling water
1 cup flour
1/2 cup shortening
4 eggs

Add the boiling water to the shortening, bring to a boil and stir in flour thoroughly. Remove from fire, let the mixture cool slightly and add eggs one at a time, beating in each one for some time before adding the next. Drop by spoonful on a greased pan about 2 inches apart. Bake 1/2 hour in a moderate to slow oven (400 deg. for 10 minutes, then 350 deg. F.). Cool. Cut a slit in one side and fill with cream, filling, shopped cream or fruit mixture.

ICE CREAM SANDWICHES

Use for these any preferred form ice cream in bricks. Cut into slices and place between 2 thin slices of pound or angel cake cut the same size as the ice cream. Top with chocolate, butterscotch, maple, or any preferred sauce.

LEMON FOAM CUSTARD

Yolks of 3 eggs
1 1/2 cups milk
1/4 cup granulated sugar
1 tsp. corn starch
pinch of salt

Let come to a boil, stirring constantly. Serve as a sauce for the white part.

WHITE PART

2 cups cold water
1 cup white sugar
3 tpsps. corn starch
juice of 1 lemon and a little grated rind

When cooked, pour over the beaten whites of 3 eggs.

PEACH UPSIDE-DOWN CAKE

1/4 cup shortening
1/4 cup sugar
1 egg
1 1/2 cups flour (pastry)
2 tpsps. baking powder
1/2 cup milk
1/2 tsp. vanilla
1/8 tsp. salt

Cream butter, or fat, add sugar gradually. Separate white and yolk of egg. Beat yolk till thick and lemon-colored. Add to creamed butter and sugar. Sift together dry ingredients. Add these alternately with milk, beating thoroughly. Flavor with vanilla. Beat egg white until stiff and fold into batter.

3 tbsps. butter
1 or 1 1/2 cups brown sugar
peach halves

Use the frying pan, put butter and brown sugar in pan and heat until well mixed and starting to brown. Place peach halves in this (pineapple can be used also). You may add cherries and walnuts also. Then add cake batter and bake in oven (350 deg. F.) until done. Turn upside down on plate and serve with whipped cream if possible.

BROWN BREAD ICE CREAM

1/2 cup finely granulated sugar
1 qt. thin cream
a few grains of salt
4 tpsps. vanilla
1 cup toasted coarse brown bread crumbs

1-3 cup finely chopped nutmeats

Stir sugar with cream until dissolved. Add salt and vanilla (or maple) flavoring. Turn into 2-qt. freezer and freeze to mush. Add bread crumbs and nutmeats, and complete freezing.

DATE AND NUT DESSERT

4 sections of shredded wheat, (crumbled)
1/2 cup pitted dates, cut in small pieces
1/2 cup broken nut meats
4 tpsps. brown sugar
1/2 tsp. salt
1 1/2 cups whipping cream

Mix first 5 ingredients and fold into cream which has been whipped until stiff. Chill and serve.



Gingerbread is a favorite dessert of servicemen and women.

GINGER BREAD

1 egg, well beaten
1 cup molasses
1 cup sour milk
1/2 cup shortening, melted
2 1/2 cups unsifted flour
2 tpsps. soda
1/2 tsp. ginger
1/2 tsp. cassia

VANILLA ICE CREAM

(Very Good)
1/2 cup white sugar
2 tbsps. cornstarch
1 cup sweet milk
2 egg yolks
1-3 cup coffee cream
2 egg whites
pinch of salt
2 tpsps. vanilla
1 1/2 cups whipping cream

Mix sugar, cornstarch, add scalded milk gradually; cook in double boiler 25 minutes. Combine with well beaten egg yolks, cook about five minutes more until thick, add salt and coffee cream. Mix well, strain and cool. When cool add vanilla, chilled whipped cream and fold into custard. Pour in tray and freeze. Before the dessert has frozen solid remove, stir from back to front of tray, then carefully fold in stiffly beaten whites with salt; return to tray.

APPLE ROLLS

Make a dough like pie crust, using a little less shortening. Roll out nearly 1/4 inch in thickness, spread well with good tart apples, chopped not too fine, roll and pinch the edge down well. Cut crosswise in about 1 1/2 inch pieces, put cut side down in buttered baking tin. Put a small piece of butter on each roll and bake in a moderate oven. To be eaten with a sauce, made as follows: 2 or 3 tpsps. of flour, well mixed in little water. Stir slowly in 1 pint of boiling water. Sweeten to taste and add vinegar or lemon juice to make it a little tart.



DATE NUT TORTE

2 eggs
1/2 cup sugar
1/2 cup flour
1 tsp. tartrate or phosphate, baking powder or 1/2 tsp. combination type baking powder
pinch of salt
1/2 cup chopped nuts
1 tsp. vanilla

Beat eggs well, add sugar, mix together flour, baking powder and salt, add dates and nuts, mix well with eggs and sugar adding vanilla, spread on a greased sheet pan and bake in a moderate oven (350 deg. F.) Serves 6 or 8.

ICING AND FILLING FOR CAKE

2 tbsps. brown sugar
2 tbsps. melted butter
1 cup cocoanut
1 tbsps. rich cream

Put on hot cake and bake until brown.



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Cakes

CHRISTMAS CAKE

- 2 cups yellow sugar
- 2 cups butter, 1/2 lard and 1/2 butter
- 1/2 cup molasses
- juice of 1 lemon
- 1 1/2 tps. cloves
- 1 tsp. each of nutmeg and allspice
- 6 eggs
- 2 lbs. each of currants, raisins and mixed peel
- 1 cup candied cherries
- 10 cents almonds
- 1/2 tsp. soda

Cream the sugar and butter, add molasses and lemon juice, and add fruit and flour to make a stiff batter.

BANANA CAKE

- 1/2 cup white sugar
- 1/2 cup brown sugar
- 2 eggs
- 1/2 cup butter
- 1 tps. milk
- 1 1/2 cups flour
- 1 tsp. baking powder
- 1 tsp. baking soda
- pinch of salt
- 3 mashed bananas

Sift baking powder, soda and salt with flour.

RAISIN CAKE

- 2-3 cups flour
- 1/2 tps. fat or shortening
- 1/2 tps. brown sugar
- 6 ozs. raisins
- 1 tps. marmalade
- 1/2 tsp. mixed spice
- 1 tsp. baking powder
- 1 cup milk

Mix the flour, sugar and shortening. Then cream and add the other dry ingredients. Stir in raisins and milk. Mix well together and bake in a greased tin in a moderate oven for about 1 1/2 hours.

MARBLE CAKE

- 1 cup white sugar
- 1 cup butter
- 1 cup sweet milk
- whites of 4 eggs
- 2 1/2 cups flour
- 1 heaping tsp. baking powder
- 1 cup brown sugar
- 1 cup butter
- 1 cup sour milk
- 1 tsp. soda
- yolks of 4 eggs
- 1 tsp. nutmeg
- 1 tsp. cinnamon
- 1/2 tsp. cloves

This makes two loaves. Bake in a moderate oven.



Grapefruit sections and romaine salad.

CHRISTMAS EGGLESS FRUIT CAKE

- 1/2 lb. butter, or more
- 2 cups brown sugar
- 1 1/2 lbs. seedless raisins (washed and dried)
- 1 lb. seeded raisins or dates (washed and dried)
- 2 cups buttermilk
- 1 1/2 lbs. currants (washed and dried)
- 1/4 lb. pkg. mixed peel
- 1 cup almonds
- 1 tsp. vanilla
- 1 tsp. cassia
- 1 tsp. cloves
- 1 tsp. nutmeg
- 1 tsp. salt
- about 4 cups pastry flour
- 1 tsp. baking powder
- 2 tps. baking soda

more butter and fruit may be added. Cream butter, add sugar, flour and dry ingredients. Add to sugar and sugar and buttermilk, then flour and vanilla. Bake in slow oven. Pour dish of water in bottom of tin. Bake 4 to 5 hours, depending on size of tins. Cover with moist paper.

WHITE FRUIT CAKE

- 1/2 lb. butter or shortening
- 1 cup sugar
- 2 eggs
- 1 cup sweet milk
- 1 piece orange and citron peel
- 1/4 lb. cherries
- 1/4 lb. white raisins
- 1/4 lb. shelled walnuts
- 1/4 lb. shredded coconut
- 1 slice candied pineapple
- 2 tps. baking powder
- 1 tsp. vanilla
- 1/4 tsp. nutmeg
- 2 1/4 cups sifted flour

Bake in moderate oven. This is an inexpensive cake and very nice.

RAISIN CAKE

- 1 cup granulated sugar
- 1 large tps. butter
- 1 cup boiled raisins
- 1 cup juice off same
- 2 cups flour
- 1 egg
- a little cloves and nutmeg
- 1 tsp. soda

MARBLE CAKE

- 2 cups sifted flour
- 2 tps. baking powder
- 1/2 tsp. salt
- 1/2 cup shortening
- 1 cup sugar
- 2 eggs, well beaten
- 2-3 cup milk
- 1 tsp. cinnamon
- 1/2 tsp. cloves
- 1/2 tsp. nutmeg
- 1/4 cup molasses

Sift flour, baking powder and salt. Cream butter thoroughly. Add sugar and cream together. Add eggs, sugar and milk a little at a time. Divide batter into two parts. To one part add spices and molasses. Drop by tablespoons into greased loaf pan alternating light and dark mixtures. Bake in moderate oven until done.

DARK GUM DROP CAKE

- 1/2 cup butter
- 1/2 cup sweet milk
- 1 cup brown sugar
- 1 egg, well beaten
- 1 1/2 cups flour
- 1 tsp. baking powder
- 2 tps. soda
- salt to taste
- 2 cups raisins
- 1 lb. gum drops cut fine with scissors; and wet them often while cutting to prevent sticking
- 10 cents mixed peel

Bake 1 1/2 hours in slow oven.

THE NAMELESS CAKE

- 3 eggs
- 1 cup shortening
- 2 cups brown sugar
- 1/2 cup cocoa
- 1/2 cup hot water
- 1 tsp. nutmeg
- 1 tsp. cloves
- 1 tsp. cinnamon
- 1 tsp. salt
- 1/2 tsp. saffron
- 2 cups sour milk or buttermilk
- 1 tsp. vanilla or lemon extract
- 2 tps. soda
- 3 cups flour
- 3 tps. baking powder

Beat the eggs separately, then add sugar, shortening and the cocoa diluted in the hot water. Add the spices and salt. Mix well. Add soda in buttermilk. Add rest of ingredients and beat well. Cook in two deep pans in a moderate oven.

BANANA CAKE

- 1 cup sliced bananas, very ripe
- 1-3 cups sugar
- 1/2 cup shortening
- 3 egg yolks
- 1 cup sour milk
- 2 cups sifted flour
- 1/2 tsp. soda
- 1/2 tsp. salt
- 1 tsp. baking powder

Cream shortening and sugar until fluffy. Add banana, beat thoroughly. Beat the yolks very light, add sour milk, flour, salt, soda. Bake in a sheet of two layers for 35 minutes in oven 350 deg. F. Ice with boiled icing using whites of eggs.

APPLESAUCE CAKE

- 2 cups flour
- 1 tsp. soda
- 1/2 tsp. salt
- 1/2 tsp. cloves
- 1/2 tsp. nutmeg
- 1 tsp. cinnamon
- 1 cup butter
- 1 cup sugar
- 1 egg, unbeaten
- 1 cup raisins, cut
- 1 1/2 cups nut meats broken
- 1 cup thick applesauce

Put in buttered pan waxed paper. Cook 1 hour slow.

WALNUT LAYER CAKE

- 1 1/2 cups granulated sugar
- 1/2 cup butter
- 1/2 cup milk
- 2 cups flour
- 2 1/2 tps. baking powder
- 1 cup chopped walnuts
- 4 egg whites
- 1 tsp. vanilla
- salt

Cream butter gradually, adding 1 1/2 cups of sugar, working it into butter. Continue until mixture is light and foamy. Add dry ingredients and milk alternately. Add chopped nuts and lastly add the egg whites which have been stiffly beaten. Bake in well-greased layer tins half hour in oven 350 degrees.

APPLESAUCE CAKE

- 1 1/4 cups sifted flour
- 1/2 tsp. soda dissolved in hot applesauce
- 1/4 tsp. salt
- 1/2 tsp. cinnamon
- 1/2 tsp. cloves
- 1/2 cup butter
- 1 cup sugar
- 1 egg
- 1/2 cup raisins
- 1/2 cup nuts
- 1 cup hot applesauce, unsweetened
- 1 tsp. vanilla

Cream butter, add sugar, blend well, add beaten egg, applesauce, rub raisins with little flour, add remaining ingredients. Bake about 1 hour in moderate oven.

CHOCOLATE CAKE

- 2 eggs
- 2 cups brown sugar
- 1/2 cup butter or shortening
- 1/2 cup sour milk
- 1 tsp. baking soda
- 1 cup boiling water
- 2 tps. cocoa
- 1 tsp. vanilla
- a little salt
- 2 cups flour

Mix first three ingredients until creamy. Then add sour milk to which the baking soda has been added. Put 2 tps. cocoa in cup, then pour on the boiling water, add vanilla and salt. Lastly the flour a little at a time, mixing well.

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Pickles

LET PICKLES

Take small cucumbers and put in brine over night, in the morning drain off the brine. Then pour boiling water over the cucumbers, drain and pack in jars tight. Put in about a tsp. of pickling spice to each qt. jar. Then make a syrup of 1 qt. white or cider vinegar to 3 cups of sugar and pour very hot in jars. Seal at once.

BREAD AND BUTTER PICKLES

- 1 gal. small cucumbers, sliced
- 8 small white onions
- 1 green pepper, cut up fine
- 1 red sweet pepper
- ½ cup salt
- 5 cups vinegar
- 5 cups sugar
- 1½ tps. tumeric
- ½ tsp. cloves
- 2 tbsps. mustard seed
- 2 tps. celery seed

Slice cucumbers thin and add sliced onions and peppers cut up fine, add salt and cover with cracked ice. Let stand 3 hours. Drain. Combine remaining ingredients and pour over pickles. Bring to boiling point and seal.

BREAD AND BUTTER PICKLES

- 6 qts. sliced cucumbers
- 12 onions, sliced
- 3 or 4 green peppers, chopped
- 1 cup salt

Place these in large kettle, one layer of cucumbers, then a layer of onions and peppers. Salt each layer with dry salt. Let stand over night, drain. Then add—

- 6 cups sugar
- 1½ qts. cider vinegar
- 1 tsp. tumeric
- 2 tbsps. celery seed
- 1 tsp. cinnamon

Boil about 20 minutes and seal hot. Do not boil too long or they will be too soft. These pickles are good at any meal.

FRENCH PICKLES

- 1 pk. green tomatoes, sliced
- 6 large onions, sliced
- 1 cup salt
- 3 qts. vinegar
- 1 qt. water
- 2 lbs. brown sugar
- 2 tps. allspice
- 1 tbsps. celery seed

Sprinkle 1 cup salt between layers of tomatoes and onions, and let stand over night. Drain and boil in vinegar and water and cook for 15 minutes. Add remainder of ingredients and boil 15 minutes. Never put on second vinegar, and they are just as good.

TUMERIC CUCUMBERS

Twenty-four large cucumbers, 10 large onions, sliced in brine over night, 1½ cups sugar, 2 tps. tumeric, 2 tps. celery seed, little spice in bag. Put cucumbers and onions in kettle and cover with vinegar. Add other ingredients and cook. When they reach the boiling point, can immediately.

DILL PICKLES

Select cucumbers, dill size, from about 4 to 6 inches long. Wash them and wipe them or let stand awhile in cold water, then arrange in jars with layers of dill in the bottom, centre and top of jar. Some chopped or small onions in with the cucumbers adds to the flavor. Cover with hot brine made of 3 qts. of water to 1 qt. vinegar (cider) 1 tsp. ground alum. Boil up together and pour over the cucumbers in the jars. Let stand about 2 months.

GREEN TOMATO PICKLES

- about 20 green tomatoes
- 8 apples, chopped
- 8 onions, sliced
- 3 cups brown sugar
- 3 cups vinegar
- about ½ cup mixed pickling spice, tied in a bag

The tomatoes are best when sliced along with the onions and salted as you slice each layer in a large kettle, and let stand over night, and then drain in the morning. Place kettle on slow fire and add the vinegar, sugar and spices in bag or mixed through the pickles and boil until tender. Apples may be added or omitted. Use a little saccharine instead of sugar if you wish to substitute.

ICICLE PICKLE

Two gal. pickles about 3 or 4 inches long, split length-wise. Dissolve 1 pint salt in gal. boiling water, pour over and let stand one week, then drain and cover with 1 gal. fresh boiling water. Let stand 24 hours. Drain. Cover again with fresh boiling water, add a lump of alum size of a walnut. Let stand 24 hours, drain and cover with 1 gal. of vinegar, 3 quarts white sugar, handful of whole pickling spices. Boil all together. Drain off this liquid for 3 days and pour over again then put pickles in jars, heat liquid over again and pour on pickles in jars. Seal tight.

BREAD AND BUTTER PICKLES

- 3 qts. medium sized cucumbers sliced about ¼ inch thick
- 3 large onions, chopped
- 3 sweet red peppers, chopped
- Sprinkle salt on, let stand over night. Drain well and add—
- 1 qt. cider vinegar
- 2 cups granulated sugar
- 1 tbsps. mustard seed
- 1 tsp. celery seed
- ½ tsp. tumeric powder

Bring liquid to boil, then add pickles, thicken slightly with a little corn starch and seal in sterilized sealers.

Fish

OYSTERS CASINO

Leave oysters on the half-shell. Put 1 tsp. hot tomato cocktail sauce on each, then small slice of bacon. Put under broiler. When bacon is cooked, the oyster in done too.

SALMON SALAD

One can pink salmon, 2 tbsps salad dressing. Mix these ingredients together, then add a few chopped sweet pickles. Can also be used for sandwiches.

SALMON LOAF

- 1 can salmon
- 1 cup milk
- 2 eggs, beaten
- a little melted butter
- 1 cup cracker crumbs
- salt and pepper

Pick salmon quite fine. Remove all bones. Bake in small loaf pan until brown on all sides.

Beverages

GRAPE JUICE

One cup grapes, ½ cup sugar. Pick and wash grapes and let them drain. Put 1 cup grapes and ½ cup sugar in a quart can and fill can with boiling water. Shake well until sugar is dissolved.

HOME CANNED MILK

Fill well sterilized jars with fresh milk, seal and boil in boiler for 1 hour. Remove from hot water, seal tight, and invert jar until cool. Milk will keep as long as it is not opened.



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Puddings

CARAMEL PUDDING

- 1 cup flour
- 1/4 tsp. salt
- 1/2 tsp. baking powder
- 1/4 cup sugar
- 1/4 cup raisins or dates
- 1 tsp. butter
- 1/2 cup milk

Mix above, pour into baking dish then add

- 3/4 cup brown sugar
- 1 tbsp. butter
- 1/2 tsp. vanilla
- 1 1/2 cups boiling water

Cook all together in moderate oven. This is a cheap and economical pudding.

INDIAN RAISIN PUDDING

- 1/2 cup seedless raisins
- 1/4 cup yellow cornmeal
- 1/4 cup corn syrup or brown sugar
- 1 pt. milk
- 1 tsp. of butter
- 1 egg

Bring milk to a boil and add corn meal slowly and stir constantly cook until thick and smooth, add butter and sweetener, cook a few minutes and add raisins and stir and add well beaten egg. Pour into greased baking dish. Bake for 3/4 hour or until set and brown. Serve with a dash of whipped cream or a sauce of your choice.

SUET PUDDING

- 4 cups flour
- 3 tps. baking powder
- 1/2 tsp. salt
- 1 cup sweet milk
- 1/2 cup mixed spice
- 1 cup chopped suet
- 1 cup chopped raisins
- 1 cup molasses

Sift flour, baking powder, salt, and mixed spice into bowl. Add suet and raisins, then molasses. Stir well. Turn into greased pan, cover lid. Bake. Serve with sweet sauce. This is a delicious wartime recipe.



Meal preparation moves quickly when mother and daughter work as a team.

CARROT PUDDING

- 1 cup carrots, grated
- 1 cup potatoes (put through grinder)
- 1 cup raisins
- 1 cup suet
- 1 cup sugar
- 1/2 cups flour

- 2 tps. baking powder
- salt; flavor to suit

Steam or boil 2 hours

HALF-HOUR PUDDING

- Take—
- 1 cup flour
 - 1 tsp. baking power
 - a few raisins
 - 1 cup sweet milk
 - 2 tps. sugar

- Take—
- 2 cups brown sugar
 - 2 cups hot water
 - a little piece of butter, nutmeg

Pour on top of other. Bake

PLUM PUDDING

- 1 cup grated raw carrots
- 1 cup grated raw potatoes
- 1 cup bread crumbs
- 1/4 cup suet finely chopped
- 2 tps. sour milk
- 1/2 cup flour
- 1 tsp. cinnamon
- 1/4 tsp. nutmeg
- 1 cup raisins
- 1 cup currants
- 1/2 cup brown sugar
- 1/2 cup corn syrup
- 1/2 tsp. baking soda
- 1 tsp. salt
- 1/2 tsp. allspice

Mix in order given and pour into well greased mold, or into individual molds. Fill not more than two-thirds to top. Cover tightly with greased lid and set on rack in a steamer half filled with boiling water. Steam large mold 1 1/2 qts for 3 hours, small molds for 1 1/4 to 1 1/2 hours. Add more water during process if necessary. Serve hot with a good sauce.

To Cook Steak

Have grease hot, dip the steak in flour and put in frying pan. Season with salt and pepper and slice an onion over it. Let fry until well browned on both sides, then cover with hot water and simmer 3/4 of an hour.

RHUBARB RAISIN PUDDING

- 2 cups sifted flour
- 3 tps. baking powder
- 1 tsp. salt
- 2 tps. sugar
- 2 tps. melted butter
- 2 to 4 tps. shortening
- 2-3 to 3/4 cup milk
- 1 cup raisins
- rhubarb sauce

Sift together flour, baking powder, salt and sugar. Cut in shortening. Add milk to make soft dough. Turn out on floured board and knead gently. Roll out into rectangular sheet about 8 inches wide 6 1/4 inch thick. Brush with melted butter and cover with raisins. Roll up jelly roll fashion. Cut into 2-inch slices. Place rolls cut side down in greased muffin pans. Bake at 450 deg F 15 to 20 minutes. To serve pour hot rhubarb sauce over each roll. We prefer the following rhubarb sauce for the pudding when raw rhubarb is available.

Sauce: For a fairly thick sauce cook 3 cups of raw rhubarb in 1/4 cup of water until soft, about 7 minutes, add sugar to taste and bring to boil.

Scotch Oat Cakes

1/2 cup melted butter
1 cup flour
1 cup oatmeal
1 cup milk
1 cup sugar
1 cup molasses
Mix together with hand and water. Roll into small cakes. Bake in moderate oven 10 to 15 deg F.



PLUM PUDDING

- 1 1/2 lbs. flour
- 1 lb. suet
- 1 lb. brown sugar
- 1 lb. seedless raisins
- 1 lb. currants
- 1 lb. mixed peel
- 1 loaf breadcrumbs
- 1 tps. baking powder
- 1 tsp. nutmeg
- 2 tps. allspice
- 1 tsp. ginger
- 1 tsp. salt
- 8 eggs

Wash and clean fruit and flour well. Mix suet, fruit, sugar, breadcrumbs and seasonings and flour. Break eggs over this and stir well. Add enough milk to make spoon stand up. Grease molds and let steam for about 3 hours. Let pudding dry out well before using. Before using, steam again and serve with caramel sauce. Branch cherries or nuts may be added if desired.



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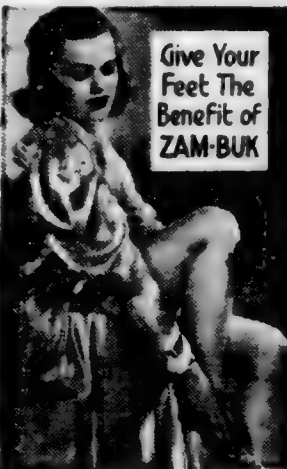
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Use Plenty Of Fruit For Dessert

Sometimes when efficiency is more pressing than relaxation I give the children a nice shiny McIntosh apple and say, "That's dessert. Little people, eat it in any form you like."

Sometimes they eat them "off the stump"; other times when there's enough cream they slice them and smother them in cream (that's a classical diabetic dessert, you know); but Marianne discovered the best trick yet—she sliced her apple in about 5 rings, dug out the core, and put the rings together with Baumert cheese. Encouraged by this delicious morsel she tried peanut butter as a filling — she loved it because she loves peanut butter so, but I adopted her apple sandwich with cheese for a salad and served it to guests, first dipping the whole thing in pineapple juice. It started quite a bit of favorable comment.

FRUIT DESSERT SALAD

On each individual salad plate arrange washed and dried well-cupped lettuce leaves and place on them an apple sandwich made from unpeeled red dessert apples sliced 1/4-inch thick. Put 2 slices together with plain white or pimento Baumert cheese. Dip in diluted lemon juice or pineapple juice to prevent discoloration. Surround with border of alternating sections of grapefruit and orange sections, which have been cut free from membrane.

ORANGE AMBROSIA

One package lemon-flavored gelatin dessert, 2 cups boiling water, 1/2 cup granulated sugar, pinch of salt, 1 tablespoon lemon juice, 1/2 cup orange juice, 2 tablespoons finely grated orange rind, 1 cup heavy cream whipped, orange sections. Dissolve the gelatin dessert in boiling water. Add the sugar, salt, lemon and orange juices and orange rind. Chill until it begins to thicken; then fold in the whipped cream. Chill until firm, then serve in individual sherbet glasses with orange sections trimmed free of membrane. Or this may be chilled in fancy large mould, turned out on large fancy plate, bordered with cream and garnished with orange sections and berries. Looks grand.

PINK DUMPLINGS

2 cups flour
4 tps. baking powder
salt
1 bottle tomato juice.
Drop by tps. in boiling stew

WORKMEN IGNORE BOMBS

BIRKENHEAD, Eng. — (CP) — Hundreds of incendiaries and 42 high explosive bombs fell in Cammell Laird's shipyards here in the night of 1940-41, but work went on just the same in berths which have turned out such ships as the Ark Royal, Prince of Wales and submarine Spearfish.



Crispy peach pie, a seasonable delicacy.

Gelatin Is Much Used In Cooking

Gelatin is used in many tempting ways in the dietary. In addition, it supplies the body with health-giving food substances.

Although it was discovered many years ago, its popularity in the diet is of recent date. Gelatin was first produced by Peter Cooper, a gentleman keenly interested in the welfare of his fellow citizens. But it was not until years later that its fine qualities attracted the attention of housewives.

Gelatin may be used in innumerable ways in the menu. As a dessert it is nutritious and appeals to every member of the family. Indeed, the food experts recommend gelatin desserts for the very young child.

MANY DELICIOUS DISHES

Many other delicious dishes are made easily with gelatin. Jellied soups made with gelatin are, of

course, a popular and staple item in the dietary. Tempting vegetable dishes are made with it. Either flavored or unflavored gelatin may be used, the choice depending upon individual preference.

Unusual and attractive dishes in the form of salads, meats, shell fish and fish are made quickly with gelatin. Any good cook book tells how to prepare these palatable and attractive foods.

Gelatin combines well with other foods and makes them more easily digestible. It offers an excellent



basis for serving other foods. For this reason gelatin dishes are valuable in the diet of the invalid and convalescent.

Gelatin dishes are equally important in the diet of healthy individuals. They are appetizing and nutritious, offering infinite variety for the family menu.

CRACKER OMELET

4 eggs
1/2 cup milk
1/2 cup cracker crumbs
1 tbsp. butter
1/2 tsp. salt, pepper

Roll fine enough crackers to make 1/2 cup crumbs, soak crumbs in milk. Beat eggs light, combine with milk and crumbs mixture. Add salt, pepper, melted butter. Put in buttered pan. Cook slow.

Doughnuts

PLAIN DOUGHNUTS

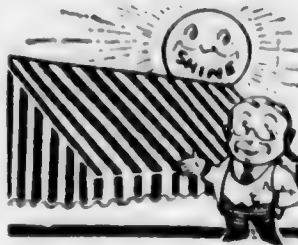
2 tbsps. shortening
1 cup sugar
2 eggs
1 cup milk
1 tsp. vanilla
3 tps. baking powder
1/2 tsp. salt
4 cups sifted flour

Mix sugar, shortening, eggs, flour, make 1/2 cup crumbs, soak crumbs in milk. Beat eggs light, combine with milk and crumbs mixture. Add salt, pepper, melted butter. Put in buttered pan. Cook slow.

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Dropcakes

They aren't really cookies. They're so short and thick. But dropcakes are delicious. And making them's a trick.

NUT SMACKS

BOTTOM LAYER—
1 cup white sugar
2 tbsps. butter
16 cups flour
2 egg yolks
1 tsp. baking powder
Combine above ingredients and place in buttered pan.

TOP LAYER

2 egg whites
1 cup brown sugar
1 cup chopped nuts
Beat eggs till stiff, add brown sugar and beat again. Then spread it on the top of the bottom layer. Spread nuts on top. Bake in oven 250 deg. F. When baked cut in squares.

OATMEAL COOKIES

1/2 cup shortening
1/2 cup granulated sugar
1 egg
1 tsp. lemon rind
2 tbsps. lemon juice
2 cups sifted flour
1/2 tsp. salt
1/2 tsp. soda
2 1/2 cups rolled oats (uncooked).
Cream shortening, add sugar gradually, cream well. Beat in egg and rind and juice, sift flour, salt and soda together, add oats to creamed mixture, mix from 350 deg. F. on greased sheet, bake in not oven 375 deg. F. 13 dozen.

RAISIN OR CURRANT CUP CAKES

1/2 cup butter
1/4 cup sugar
1 egg
1/2 cup milk
1/2 tsp. salt
1 cup flour
2 tbsps. baking powder
1/2 cup raisins or currants
Cream butter, add sugar, egg and then vanilla, then salt, flour, baking powder and 1/2 cup of either raisins or currants. Pour batter into greased patty pans. Bake in moderate oven about 20 minutes or until done. This makes 12 medium size cup cakes.

QUEEN CAKES

1/2 cup butter
1/4 cup sugar
2 eggs
1 cup flour
2 tbsps. baking powder
1/2 tsp. salt
1/2 tsp. lemon extract
1/2 cup currants (washed, dried)
Cream butter and sugar, add eggs and mix thoroughly. Sift flour, baking powder and salt. Pour batter into greased small patty pans, sprinkle on top of each a few currants. Bake in moderate oven 20 minutes.

OATMEAL NUTTIES

2 tbsps. shortening
1 cup brown sugar
2 1/2 cups oatmeal (coarse)
1 cup nutmeats
1 1/2 cups flour
2 tbsps. baking powder
1 tsp. vanilla
1/2 tsp. salt
1/2 to 3/4 cup sweet milk
Keep in covered cookie jar.

STRAWBERRY NUT SQUARES

Blend in 1/2 cup sugar with 6 tbsps. butter, add 2 egg yolks well. Beat in, add 1 tsp. vanilla, 1 1/2 cups flour, mix in 1 tsp. baking powder. It will be necessary to use the hand to work dough together well. Press into greased pan. On the dough, spread strawberry jam. Beat stiff 2 egg whites, beat in 1 cup brown sugar. Spread this meringue over jam and sprinkle with nuts. Bake in moderate oven.

FRIED CAKES

2 cups white sugar
1/2 cups sour milk
1 egg and yolks of 2 eggs
1/2 tsp. salt
2 tbsps. melted fat
1 small tsp. soda
1 tsp. nutmeg
flour enough to roll
Fry in deep fat, cut and let stand a few minutes before frying.

CORN FRITTERS

Mix together—
1 cup cooked corn cut in pieces
5 tbsps. milk
1 beaten egg
1 tbsps. melted butter
2 tbsps. sugar
1/2 tsp. salt
Sift 1/2 cup flour with 1 tsp. baking powder and stir into corn mixture.
Drop by spoonfuls into hot fat to prevent sticking. Brown well on both sides. Serve as luncheon dish for supper.

PEANUT BUTTER COOKIES

2 eggs
1 cup brown sugar
1 cup white sugar
1 heaping cup peanut butter
1 cup shortening
1 tsp. vanilla
1/2 tsp. salt
3 cups flour
1 tsp. soda
Either drop by teaspoonful and flatten with fork or make in roll and slice with a knife.

DATE SQUARES OR SAND

WICHES
1 1/2 cups rolled oats
1 1/2 cups white sugar
1/4 cup soft butter
1 tsp. baking soda
1/2 tsp. salt
Filling
Dates pitted, add sugar, water to cover, cook. Add half of dry ingredients in pan then filling and then other half of mixture. Bake 40 minutes. Cut in squares while hot.

MOLASSES CUP CAKES

Combine 1/4 cup sugar, 1/2 cup molasses or sorghum and 1/2 cup shortening. Add 1 egg beaten and 1 cup milk. Stir in 3 cups flour sifted with 2 tbsps. baking powder, pinch of salt, 1/4 tsp. cinnamon, 1/4 tsp. nutmeg, 1/4 tsp. allspice. Drop in muffin pans and place 3 seeded raisins on top of each. Bake in a hot oven.

PEANUT BUTTER COOKIES

1 cup shortening or butter
1 cup granulated sugar
1 cup brown sugar
1 cup peanut butter
2 eggs, well beaten
1 tsp. vanilla
2 cups sifted flour
1 tsp. baking soda
1/2 tsp. salt
Cream shortening and sugar, add wellbeaten eggs, peanut butter and vanilla, sift flour with baking soda and salt, add to creamed mixture, blend well, shape into balls the size of a hickory nut, place on baking pan and flatten with a fork about 1/4 inch, bake until golden brown.

ORANGE COCOANUT DROPS

1-3 cup sugar
1-3 cup butter
1 egg
2 tbsps. grated orange rind
1 cup coconut
1 cup sifted flour
1 tsp. baking powder
pinch of salt
Mix in order given and drop by teaspoonfuls on greased cookie sheet. Bake in a moderate oven until cookies are golden brown. Makes about 2 1/2 dozen cookies.

APPLE OATMEAL BARS

1 cup flour
1 tsp. salt
1/2 tsp. soda
1 cup brown sugar
1 cup quick cooking oatmeal
1 cup shortening
2 1/2 cups sliced apples
2 tbsps. butter
1 cup granulated sugar
nutmeg
Sift flour with salt, soda and brown sugar. Mix with oatmeal. Cut in shortening until crumbly. Spread half the mixture in a greased 9x13 inch baking dish. Arrange apples over crumb mixture. Dot with butter. Sprinkle granulated sugar with a grating of nutmeg over the apples, and cover with the remaining crumb mixture. Bake in moderate oven 350 deg. F. for 40 to 45 minutes. Cut in squares or bars. Serve warm with a lemon sauce or cold as a cookie.

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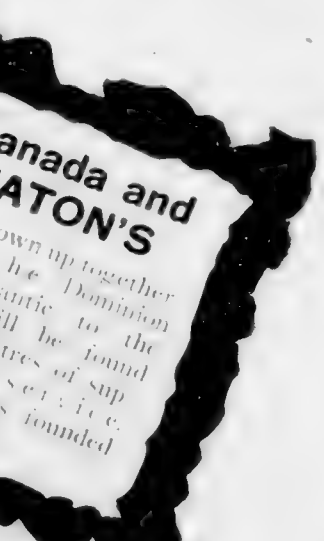
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Breads Biscuits

NEVER FAIL CAKE

Break 2 eggs in a cup, fill cup brimming full of sweet milk, 1 cup sugar, 1 1/2 cups flour, 1 tsp. baking powder, a little salt, 3 tbsps. melted butter. Do not stir. Bake in a shallow pan. Bake in a moderate oven 325 deg. F. for 15 minutes.

ONE EGG CAKE

1 egg
1/2 cup sugar
1/2 cup milk
1/2 cup flour
1/2 tsp. baking powder
1/2 tsp. salt
1/2 cup sweet milk
Cream sugar and butter, add egg, well beaten. Mix thoroughly, add milk, sifted flour, baking powder and salt. Sift and add to first mixture alternately with milk. Beat well and bake in greased muffin tins 20 minutes in hot oven.

DELICATE MUFFINS

2 tbsps. butter
2 tbsps. granulated sugar
1 egg
3 tbsps. cereal
2 cups flour
1/2 tsp. baking powder
1/2 tsp. salt
1/2 cup sweet milk
Cream sugar and butter, add egg, well beaten. Mix thoroughly, add milk, sifted flour, baking powder and salt. Sift and add to first mixture alternately with milk. Beat well and bake in greased muffin tins 20 minutes in hot oven.

GINGERBREAD

1/2 cup butter
1/4 cup brown sugar
1/2 cup sour milk
1/2 tsp. salt
1/2 tsp. ginger
1/2 tsp. cloves
3/4 cup honey
1 egg
1 tsp. soda
1 1/2 cups of any good cake flour
1/2 tsp. cinnamon
2 tbsps. baking powder
Cream butter with honey and sugar thoroughly. Add egg and mix well. Add sour milk and dry ingredients, which have been sifted. Bake in a moderate oven about 350 deg. F. for 25 minutes.

STEAMED JOHNNY CAKE

2 cups cornmeal
2 cups white flour
1 cup brown sugar
1 cup sour milk or cream
1 cup raisins or currants
1 tsp. soda, dissolved in milk
Steam 2 hours. Excellent with maple syrup or butter.

PRIZE GINGER BREAD

1/2 cup shortening
1 cup brown sugar
2 eggs
1/2 cup molasses
1/2 tsp. salt
1/2 tsp. cinnamon
1/2 tsp. nutmeg
1/2 tsp. ginger
1 tsp. baking powder
2 cups flour
2-3 cup boiling water
1 tsp. soda
Cream butter and sugar, add molasses, salt, nutmeg, and cinnamon. Pour boiling water over 1 level tsp. of baking soda and add to first mixture. Beat thoroughly. Add eggs, one at a time, and mix well. Bake in a moderate oven 325 to 350 deg. F. for 40 to 45 minutes.

FRENCH TOAST

2 eggs, slightly beaten
1/2 tsp. salt
1/2 cup milk
6 slices bread (1/2 inch thick), cut in half diagonally
Combine eggs, salt and milk. Dip bread slices in mixture and cook in hot butter or oil until golden brown on both sides. Serve hot with maple syrup or cinnamon and sugar.

TEA BISCUITS

2 cups flour
4 tbsps. baking powder
1/2 tsp. salt
1/2 cup butter
1 tbsps. lard
3/4 cup cold milk or half milk and half water
Sift flour, baking powder and salt together. Cut in butter and lard with a pastry blender or two knives. Add milk and mix to a stiff dough. Roll out on a floured board and do not handle more than is necessary. Pat out with the hand or roll out lightly. Cut out with biscuit cutter. Bake on greased sheet in a hot oven 450 deg. F. for 15 minutes.

FOR EMERGENCY BISCUITS

Add enough milk to above recipe to make stiff batter, drop spoon on buttered or greased baking sheet. Bake in hot oven.

BRAN MUFFINS

1 egg
1 cup sugar
butter, size of an egg
1 1/2 cups buttermilk
1 tsp. soda
1/2 cup salt
2 1/2 cups bran
1 cup flour
a few raisins may be added.

Cakes

NEVER FAIL CAKE

Break 2 eggs in a cup, fill cup brimming full of sweet milk, 1 cup sugar, 1 1/2 cups flour, 1 tsp. baking powder, a little salt, 3 tbsps. melted butter. Do not stir. Bake in a shallow pan. Bake in a moderate oven 325 deg. F. for 15 minutes.

ONE EGG CAKE

1 egg
1/2 cup sugar
1/2 cup milk
1/2 cup flour
1/2 tsp. baking powder
1/2 tsp. salt
1/2 cup sweet milk
Cream sugar and butter, add egg, well beaten. Mix thoroughly, add milk, sifted flour, baking powder and salt. Sift and add to first mixture alternately with milk. Beat well and bake in greased muffin tins 20 minutes in hot oven.

DELICATE MUFFINS

2 tbsps. butter
2 tbsps. granulated sugar
1 egg
3 tbsps. cereal
2 cups flour
1/2 tsp. baking powder
1/2 tsp. salt
1/2 cup sweet milk
Cream sugar and butter, add egg, well beaten. Mix thoroughly, add milk, sifted flour, baking powder and salt. Sift and add to first mixture alternately with milk. Beat well and bake in greased muffin tins 20 minutes in hot oven.

GINGERBREAD

1/2 cup butter
1/4 cup brown sugar
1/2 cup sour milk
1/2 tsp. salt
1/2 tsp. ginger
1/2 tsp. cloves
3/4 cup honey
1 egg
1 tsp. soda
1 1/2 cups of any good cake flour
1/2 tsp. cinnamon
2 tbsps. baking powder
Cream butter with honey and sugar thoroughly. Add egg and mix well. Add sour milk and dry ingredients, which have been sifted. Bake in a moderate oven about 350 deg. F. for 25 minutes.

STEAMED JOHNNY CAKE

2 cups cornmeal
2 cups white flour
1 cup brown sugar
1 cup sour milk or cream
1 cup raisins or currants
1 tsp. soda, dissolved in milk
Steam 2 hours. Excellent with maple syrup or butter.

PRIZE GINGER BREAD

1/2 cup shortening
1 cup brown sugar
2 eggs
1/2 cup molasses
1/2 tsp. salt
1/2 tsp. cinnamon
1/2 tsp. nutmeg
1/2 tsp. ginger
1 tsp. baking powder
2 cups flour
2-3 cup boiling water
1 tsp. soda
Cream butter and sugar, add molasses, salt, nutmeg, and cinnamon. Pour boiling water over 1 level tsp. of baking soda and add to first mixture. Beat thoroughly. Add eggs, one at a time, and mix well. Bake in a moderate oven 325 to 350 deg. F. for 40 to 45 minutes.

FRENCH TOAST

2 eggs, slightly beaten
1/2 tsp. salt
1/2 cup milk
6 slices bread (1/2 inch thick), cut in half diagonally
Combine eggs, salt and milk. Dip bread slices in mixture and cook in hot butter or oil until golden brown on both sides. Serve hot with maple syrup or cinnamon and sugar.

TEA BISCUITS

2 cups flour
4 tbsps. baking powder
1/2 tsp. salt
1/2 cup butter
1 tbsps. lard
3/4 cup cold milk or half milk and half water
Sift flour, baking powder and salt together. Cut in butter and lard with a pastry blender or two knives. Add milk and mix to a stiff dough. Roll out on a floured board and do not handle more than is necessary. Pat out with the hand or roll out lightly. Cut out with biscuit cutter. Bake on greased sheet in a hot oven 450 deg. F. for 15 minutes.

FOR EMERGENCY BISCUITS

Add enough milk to above recipe to make stiff batter, drop spoon on buttered or greased baking sheet. Bake in hot oven.

BRAN MUFFINS

1 egg
1 cup sugar
butter, size of an egg
1 1/2 cups buttermilk
1 tsp. soda
1/2 cup salt
2 1/2 cups bran
1 cup flour
a few raisins may be added.



Vegetables Gain Flavor When Cooked This Way

Smoked pork shoulder butts or cabbage rolls are marketed under different brand names with variations in flavor and tenderness. But what they are called they are extremely good buys.

The full flavor of these little packets can do much for vegetables, as they are baked or steamed with some of the liquor in which the meat cooks.

COOKING TIME

The customary method of cooking meat is to simmer it until it is tender in unsalted water, allowing about 30 minutes for each pound. Place the meat in a kettle and cover

it with water. After the water begins to boil, reduce the heat and simmer it gently for the required length of time.

If you wish to have a glaze on the meat, remove it from the liquor, coat it with brown sugar, stud with a few cloves and brown it in a 400-degree oven for about 15 minutes.

During the last half-hour of cooking the meat, add small, whole potatoes, onions of moderate size, carrots and turnips or other vegetables desired and allow them to cook until they are tender.

Serve the meat on a platter and arrange the vegetables around it. Garnish it with fresh sprigs of parsley and serve at once.

BAKED SMOKED BUTT

Smoked butt can also be baked. Place it on a rack in a pan and add a cup of water. Cover the pan or roaster and bake the meat in a 325-degree oven for about 30 minutes for each pound. The glaze can be put on during the last 25 minutes of cooking, when the temperature can be increased to 400 degrees.

When you bake the meat, try placing parboiled sweet potatoes and whole pineapple slices around it during the last 30 minutes of cooking. Pour over all a thin caramel syrup or sprinkle generously with brown sugar.

Serve this with a bowl of fresh vegetable salad and a light dessert.

FRESH VEGETABLE SALAD

Rub a salad bowl with a cut clove of garlic. Then add the following vegetables:

- 1/2 head lettuce, pulled into shreds
- 1 teaspoon minced onion
- 1 cup cooked green beans
- 1/2 cup chopped celery
- 1/2 cup diced cucumber
- 1/2 cup shaved carrot

Add enough well-flavored French dressing to coat the ingredients, tossing them lightly to distribute the dressing. Serve very cold.

WALDORF SALAD

Mix equal parts of apples, pared and cut into small cubes, celery sliced in thin circles and English walnuts cut into small pieces. Season with salt and moisten with mayonnaise. Serve on lettuce leaf garnished with a spoonful of whipped cream and halves of English walnuts or pecans.



Sugarless special confection peanut layer cake.

Fritters

APPLE FRITTERS

- 1 1/2 cups flour
- 2 tps. baking powder
- 1/2 tsp. salt
- 2 eggs
- 1 cup milk

Sift the dry ingredients then add the milk and beaten eggs and mix well. Take about 4 or 5 medium sized apples, remove core, do not peel and slice about 1-3-inch thick. Dip these in the batter and fry in hot lard until a deep brown or until the apples are cooked. Serve with maple syrup. The family's favorite.

CORN FRITTERS

- 1 cup fresh corn or 1/2 can
- 1 cup flour
- 1 tsp. baking powder
- Salt, pepper
- 1 egg, beaten

Add milk if too dry. Mix together well. Fry.

APPLE FRITTERS

- 1 egg, beaten
- 1-3 cup milk
- 1 tbsp. shortening
- 1/4 cup sugar
- 1 1/2 tps. salt
- 1 cup sifted flour
- 1 1/2 tps. baking powder
- 2 large apples, pared, cored and sliced in eighths

Sift flour, baking powder, sugar

DUMPLING

- 2 cups flour
- 1 heaping tbsp. butter
- 1 egg, well beaten
- 3 tps. baking powder

Use enough sweet milk to make a good dough and drop by spoonfuls and cover and let cook 15 minutes without raising the cover. They are delicious.

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METHOD

Take your telephone, and dial your grocer's number. Ask for several varieties of delicious **BRODER'S BEST BRAND** canned vegetables. When the delivery boy has brought them, open one or two cans. Heat the contents for a piping-hot dish, or combine several varieties into a tempting salad. Serve these all-Alberta vegetables at least once a day... and you'll always have tastier meals!



INGREDIENTS

- One Telephone
- A Grocer's Number
- Delivery Boy
- **BRODER'S BEST BRAND CANNED VEGETABLES**

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Relishes

CORN RELISH

- 24 fair sized ears of corn
- 8 onions
- 6 sweet green peppers
- 3 sweet red peppers
- 6 cups of brown sugar
- 4 tbsps. of salt
- 1 tbsps. of mustard (dry)
- 1 tbsps. of turmeric
- 1 tbsps. celery seed
- 1 qt. of vinegar or enough to cover corn

Heat thoroughly and seal in airtight jar.

PEPPER SAUCE

- 1 doz. sweet peppers
- 1 doz. hot peppers
- 1 doz. onions

Cook until tender, drain and add a little salt—

- 2 cups cider vinegar
- 1 cup water
- 2 cups yellow sugar

Cook altogether a few minutes and seal tight.

RELISH FOR FISH

- 1 cup finely chopped onions
- 1 tbsps. pickle vinegar
- 1/2 cup finely chopped sweet pickles
- 1 cup mayonnaise
- pinch of salt

Grind onions, add salt and vinegar and let stand 30 minutes. Grind pickles, add with mayonnaise to onions. Let flavors blend before using.

CRANBERRY RELISH

- 1 lb. cranberries, chopped
- 2 large oranges or 4 small, chopped fine
- 2 orange juice
- 1/2 lemon juice
- 1 lb. granulated sugar

Mix thoroughly and just seal jars.

HOT CHILI SAUCE

- 25 tomatoes, fair size
- 6 large onions
- 3 hot peppers, ground fine
- 3 tbsps. salt
- 1 cup of sugar
- 1 tsp. each of ginger, cloves and mustard seed
- 2 cups of vinegar

Best to put mustard seed in a little bag. Cook until quite thick. Not necessarily canned; can be kept thick over slow flame, stirring with just wax.

Best Common Sources of Vitamins

By ALICE WATSON
Red Cross Nutritionist
VITAMIN A

- (1) Milk, cream, butter
- (2) Colored vegetables, such as spinach, carrots, leaf lettuce
- (3) Eggs
- (4) Liver and kidney

VITAMIN B GROUP

- (1) Whole grain cereals, wheat germ.
- (2) Liver, kidney, heart and pork.
- (3) Egg yolk.
- (4) Most vegetables and fruits, particularly peas, beans and lentils.
- (5) Peanut butter

VITAMIN C

- (1) Oranges, lemons and grapefruit, raw or factory canned juices.
- (2) Tomatoes, raw or factory canned.
- (3) Raw cabbage and raw turnips.

VITAMIN D

- (1) Cod liver oil and other fish liver oils.
- (2) Summer sunshine.

It is not necessary to worry about vitamin E and vitamin K in a well balanced diet.

FOODS RICH IN IRON

Foods rich in iron that can be used to form haemoglobin—generous amounts needed by women and children—are:

- (1) Eggs, liver, kidney, heart and other meats.
- (2) Whole grain cereals, such as whole wheat flour, cracked wheat, rolled oats, ready-to-eat whole wheat cereals.
- (3) Vegetables, especially green ones and dried legumes and fruits.
- (4) Molasses, especially black strap variety.

FOODS RICH IN IODINE

- (1) Iodized salt.
- (2) Sea foods.

TOMATO CHEETNEY SAUCE

To make chetney sauce, use the following ingredients:

- 1 large can of tomatoes
- 1 large green pepper
- 1 large onion
- 10 large apples
- 2 lb. of raisins
- 1 or 2 tbsps. of salt
- 7 heaping tbsps. of brown sugar
- 1 tbsps. of cinnamon
- 1 small tbsps. of cayenne pepper
- 1 tsp. of paprika
- 1/2 cup of vinegar

Boil until thick.

CHILI SAUCE

- 1 bushel tomatoes
- 20 onions
- 5 hot red peppers
- 5 green peppers
- 4 cups vinegar
- salt
- 3 cups sugar
- 2 tps. each of cloves, cinnamon, allspice

Boil this for 3 hours or until thick over slow flame, stirring often.

Time Table for Roasting (Per Lb.)

Beef, round	10 to 12 minutes
Beef, ribs (well done)	12 to 15 minutes
Beef, ribs (rare)	8 to 10 minutes
Mutton, leg (well done)	15 minutes
Mutton, leg (rare)	8 minutes
Mutton, loin (rare)	8 minutes
Mutton, shoulder (stuffed)	15 minutes
Lamb (well done)	20 minutes
Veal (well done)	25 minutes
Pork (well done)	30 minutes
Chicken	15 minutes
Duck	20 to 25 minutes
Goose	18 to 20 minutes
Turkeys, 8 pound	15 to 20 minutes

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Cakes

CRANBERRY SHORTCAKE

- 2 cups fresh cranberries
- 2 cups chopped tart apple
- 1/2 cup sugar
- 1/2 cup corn syrup
- 1/2 tsp. salt
- 6 hot baking powder biscuits
- whipped cream if possible

Put cranberries through food chopper and mix with apple sugar and corn syrup. Let stand for 2 or 3 hours. Serve between and on top of split hot biscuits. Top with cream if available.

SEVEN-MINUTE FROSTING

- 1 egg white
- 3/4 cup brown sugar
- 2 1/2 tbsps. water
- 1/2 tsp. vanilla

Put egg white in top of mouli mixer and beat with an eggbeater until well mixed. Then add brown sugar, water beating at low speed for 7 minutes. Add vanilla and beat on cake.

DATE SQUARES

- 1 1/2 cups brown sugar
- 1 1/2 cups oatmeal
- 1 cup lard or butter
- 2 cups flour
- 2 tps. baking powder

Mix shortening, sugar, oatmeal and soft flour and baking powder. Mix well and add remaining ingredients with the following mixture:

- 1/2 lb. dates
- 1/2 cup brown sugar
- 1/2 cup hot water

Bake in 350 deg. 20 to 25 minutes.

The library of Duke University contains a rare collection of Chinese books, acquired from a White Plains, N.Y., man.



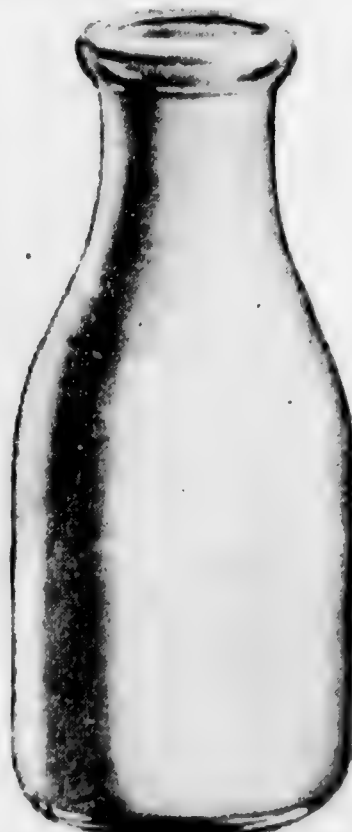
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Cakes

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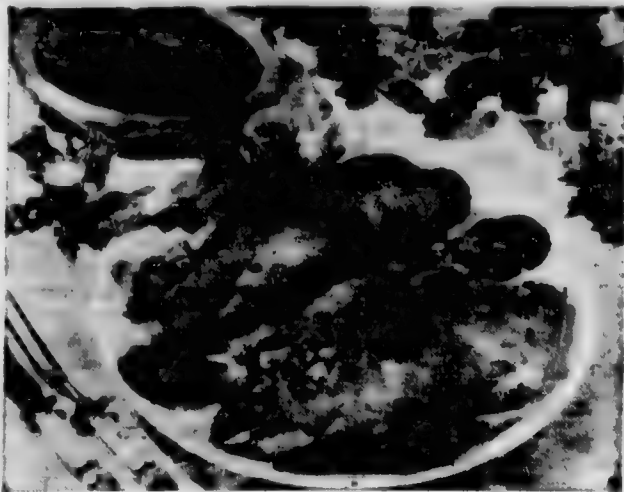
2 eggs (well beaten)
1 cup sugar
vanilla
1 cup flour
salt
1 tsp. baking powder
1/2 cup milk brought to boiling point with 1 tbsp. butter
Bake 30 minutes. While still warm, spread with—
3 tbsps. butter
5 tbsps. brown sugar
2 tbsps. cream
1 cup coconut or 1/2 cup nuts

SPONGE SPICE CAKE

1 cup brown sugar
2/3 cup shortening
1 egg
1 tsp. cinnamon
1/2 tsp. nutmeg
1 cup sour milk
1 tsp. soda
1 tsp. baking powder
2 cups flour
1 tsp. salt
1 cup raisins
Cream shortening and sugar, add well-beaten eggs, then sour milk and soda, spices, flour. Bake in moderate oven.

LOVERS CAKE

3 tbsps. butter
yolks of 3 eggs
1/2 cup sugar
1/2 cup flour
3 tbsps. baking powder
1/2 cup milk
1 tsp. flavoring extract
Cream butter, add sugar slowly, add egg yolks which have been beaten until thick, add flavoring, stir together flour and baking powder, add alternately with milk to batter. Bake in two 7-inch greased layer-cake pans in moderate oven at 375 deg. F. for 20 to 25 minutes or in loaf pan 35 minutes. Cover with sugarless icing.



Herb dressing lends flavor to stuffed ducks.

HONEY SOUR SPICE CAKE

1/2 cup butter
1/2 tbsps. sugar
1/2 cup honey
1/2 cup sour cream
1 egg
1/2 cup flour
2 tbsps. baking powder
1/2 tsp. cinnamon
1/2 tsp. cloves
1/2 tsp. nutmeg
1/2 tsp. salt
Put in greased pan and bake in slow oven.

SPONGE CAKE

Boil 1 cup sugar and 5 tbsps. water till it thickens a little, not quite as hard as for frosting. Pour over the beaten whites of 5 eggs. Then add the beaten yolks. Fold in 1 cup flour with 1 tsp. cream of tartar, 1/2 tsp. salt and flavoring, 1 tsp. lemon. Frost all over, but thin. Bake as you would an angel cake.

CRUMB CAKE

1 1/2 cups brown sugar
2 cups flour
1 tsp. cinnamon
1/2 tsp. salt
1/2 cup lard
1 egg
1 cup sour milk
1 tsp. soda
Mix dry ingredients, rub in pot till fine. Keep out 1/2 cup of mixture, add beaten egg with milk and soda. Put in pan, spread 1/2 cup on top and bake.

LIGHT GUM DROP CAKE

2 eggs
1 cup white sugar
1/2 tsp. salt
1 lb. seedless raisins
1 tsp. baking powder
1 cup milk
2 cups flour
1 tsp. nutmeg or cinnamon
1 lb. gum drops cut, fine
Do not use black gum drops in cake.

FOUR-EGG CAKE

4 eggs
1/4 cup shortening
1 1/2 cups sugar
3 cups flour
3 tsp. baking powder
1 tsp. salt
1/2 cup milk
2 tbsps. vanilla
Separate eggs, cream the yolks, shortening and sugar together. Mix and sift flour, baking powder, and salt. Add this mixture alternately with milk to eggshortening mixture. Beat egg whites stiff, add vanilla. Fold into dough. Turn into greased cupcake pans or into 2 greased layer cake pans. Bake cupcakes in quick oven (450 deg. F.) 20 minutes; layer cakes in hot oven (400 deg. F.) 25 minutes.

Seven Minute Frosting

2 1/2 cups sugar
1 1/2 tbsps. white corn syrup
7 1/2 tbsps. water
3 egg whites
1 1/2 tbsps. vanilla
Combine all ingredients except vanilla, in top of double boiler and mix well. Cook over boiling water 7 minutes. Remove from fire but leave over hot water and beat with beater 7 minutes, or until of a consistency to spread. Add vanilla and blend well.

SOUR CREAM CAKE

2 eggs
1 cup white sugar
1 cup thick sour cream
1/2 tsp. vanilla
1/2 cup cocoa
1 1/2 cups flour
1/2 tsp. salt
1 1/2 tbsps. baking powder
1/2 tsp. soda
Beat eggs very light, beat in sugar, add cream and vanilla. Beat well. Beat in sifted mixed ingredients pour into buttered baking dish. Use only sour thick cream as there is no butter in this cake.

LAZY LOAF CAKE

Cover a loaf pan with 4 tbsps. melted butter. Scatter a cup of soft brown sugar over it, then add 2 squares (1 ounce each) of chocolate, 1/2 cup and 2 cups cooked plums, and 1/2 cup and 1/2 cup. Cover with hot water.

1/2 cup and 1/2 cup
1/2 tsp. salt
1 1/2 cups granulated sugar
2 eggs
1 tsp. cinnamon
1/4 cup cold coffee
1 tsp. allspice
2 cups flour
4 tbsps. baking powder
Measure 1 cup shortening cream thoroughly with sugar, add well beaten eggs and cold coffee, add flour, salt, with salt, cinnamon, allspice and baking powder. Beat well and pour into the baking pan on top of the fruit.

ANGEL FOOD CAKE

Whites of 1 doz. eggs, 1/4 tsp. salt, beat until it stands alone, add 1 tsp. cream of tartar, beat again, then fold in and add 1 1/2 cups of granulated sugar which has been sifted 3 or 4 times. Then fold in and add 1 cup flour which has been sifted 3 or 4 times, add 1 tsp. vanilla, 1/2 tsp. almond extract. Start in cold oven, cook at 325 deg. F. Turn pan upside down when cooked and let cool.



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Butterscotch	Current, Black	Mace	Raspberry
Black Walnut	Celery	Maple	Rice Beer
Blackberry	Caramel	Mint Garden	Rose
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BREAD AND BUTTERSCOTCH CUSTARD

2 Eggs, slightly beaten
1/2 cup of salt
1/2 cup of maple syrup
1/2 cup of butter
1/2 cup of sugar
1/2 cup of milk
1/2 cup of flour
1/2 cup of baking powder
1/2 cup of vanilla
Add the maple syrup and salt to the eggs, stir in the hot
milk, then add and stir in LOVES Butterscotch Flavor. Strain
into a greased baking dish, float the bread fingers to absorb
the liquid, then pour the custard over the bread. Bake in a
pan of hot water and bake in a 325 deg. oven until the custard
is set so that a knife inserted in the centre comes out clean.
(40 to 50 minutes). Cool and serve.

If you are short of Maple Syrup, use this excellent recipe.
Dissolve 2 cupful of Light Brown Sugar in one cup of water.
Bring to a boil. When cool add a teaspoonful of LOVES
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BY EVERY TEST LOVES ARE THE BEST

Cookies

TEA CRISPS

- 6 eggs
1/2 tsp. salt
1 tsp. sugar
1/2 tsp. cream

Separate egg whites and beat stiff, then add salt, sugar and cream, beat well. Beat egg yolks and add to first mixture. Add enough flour to make the dough very thin that could be handled and rolled very thin. Cut with sharp knife in strips 4 or 5 inches long and about 1 inch wide. Split in centre and turn over once inside. Have a sauce pan ready of deep fat and drop them straight in and when browned well turn over. Take out on brown paper to drain the fat out; when cool sprinkle with icing sugar. No kidding, try these, really delicious.

ICE BOX COOKIES

- 1 1/2 cups brown sugar
1 cup shortening
2 eggs
4 cups flour
1 tsp. soda
1 tsp. cream of tartar
1 tsp. vanilla
2-3 cup nut meats

Shape in rolls. Let stand over night. In the morning slice and bake in hot oven.

GINGER COOKIES

- 2 cups sifted flour
2 eggs
1 tsp. salt
ginger, nutmeg, cinnamon and 1 tsp. soda, and sift again

Add 1 cup shortening, half lard and butter, 1/2 cup molasses, mix and roll into balls and press with a fork.

HERMIT COOKIES

- 2 cups brown sugar
1 cup shortening
2 eggs
1 tsp. salt
1 tsp. soda
1/2 tsp. nutmeg
4 tps. baking powder
1 cup nuts
1 cup raisins
4 cups flour

Cream shortening, sugar and eggs; add to this the dry ingredients that have been sifted together then the nuts and raisins. Drop by teaspoonfuls on a greased cookie sheet and bake at 325 deg. F. until brown.



Rolls fish fillets are stuffed with bran flakes filling.

MY FAVORITE COOKIES

- 2 cups flour
1-3 cup white sugar
1/2 tsp. salt
1 level tbsp. shortening
2 tps. baking powder
1 egg
1 tsp. vanilla
1/2 cup raisins

Mix all together to a soft dough with a little milk (sour or sweet). Roll 1/4 inch thick. Bake in moderate oven.

FRUIT COOKIES

- 1 1/2 cups brown sugar
1 cup butter or lard
1 cup currants
2 eggs
2 tps. sweet milk
1 tsp. soda
1 tsp. cinnamon, cloves and nutmeg

ICE BOX COOKIES

- 2 cups brown sugar
1/2 cup butter
cream together by adding a little sugar at a time
2 eggs
1 tsp. cinnamon
1 tsp. cream of tartar
1 tsp. soda
3 cups flour
1 cup nuts, chopped
1 tsp. vanilla

Mix together, roll in rolls and set in ice box or cold place over night. Slice thin and bake on cookie sheet in medium oven (no greasing) remove from sheet while warm, put on trays to cool.

AFTERNOON TEA CAKES

- 1 egg
1/4 cup sugar
2 tps. melted butter
1 1/2 squares melted chocolate
2 cups flour
1 tsp. baking powder
1/2 tsp. salt
2-3 cup milk

Separate egg, beat yolk well and add sugar slowly, continuing to beat. Add melted butter and chocolate. Sift flour, baking powder and salt. Add with milk and fold in stiffly beaten egg whites. Partly fill paper cups set in muffin tins, and bake in a moderate oven 350 deg. F. for 15 minutes. When done spread with white icing, nuts and cherries.

CHOCOLATE COOKIES

- 1/2 cup shortening
1 cup granulated sugar
1 beaten egg
2 squares unsweetened chocolate
2 1/2 cups sifted cake flour
1/2 tsp. salt
1/2 tsp. baking soda
4 tps. milk
1/2 tsp. vanilla

Cream shortening and sugar. Add beaten egg and melted chocolate. Sift dry ingredients together and add alternately with the milk to which vanilla has been added. Drop from teaspoon on greased baking sheet. Bake in oven 400 deg. F. for 10 minutes. Makes four dozen cookies.

PLAIN WHITE COOKIES

- 2 cups brown sugar
1 cup lard
3 cups flour
salt
Mix like pie crust
1 cup buttermilk or sour milk
1 tsp. soda
1 tsp. baking powder
1 tsp. vanilla in milk
Flour enough to roll

Bake in hot oven.

GINGER SNAPS

- 1/4 cup shortening
1/4 cup sugar
1 cup molasses
1 egg
3 tps. baking soda
3 tps. ginger
1/4 tsp. salt
3 cups flour

NUT COOKIES

- 1/4 cup shortening
1/2 cup sugar
2 eggs
1 cup flour
1 tsp. vanilla or almond
1/2 tsp. salt
2 tps. baking powder
1 tps. milk
1 cup chopped nuts

Cream shortening and sugar, add eggs, well beaten. Sift dry ingredients together and add alternately with milk. Stir in nuts and flavoring and mix well. Drop from teaspoon on greased baking sheet and place a nut on top of each. Bake in moderate oven 350 to 375 deg. F. 12 to 15 minutes. This makes about three dozen cookies.

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Doughnuts Pancakes

DOUGHNUTS

- 1 tbsp. butter
- 3 cup brown sugar
- 1 egg
- 1 cup milk
- 2 1/2 cups flour
- 3 tps. baking powder
- 1 tsp salt
- 1 tsp nutmeg

Melt butter and sugar thoroughly. Add well beaten egg. Sift together the dry ingredients and add to the first mixture alternately with the milk. A little more flour may be needed to make a stiff dough. Roll dough to 1/4 inch thick. Cut with a doughnut cutter. Fry in deep fat. Lift out and drain. Then roll in powdered sugar.

DOUGHNUTS

One cup sugar, 1 egg, mix well. 1 cup sweet milk, 1-3 tsp. nutmeg, 2 tps. melted fat, mix well, then put 2 1/2 cups flour, 2 tps. baking powder. Then roll on board and cut in shape, cook in deep hot fat. This makes 4 dozen.

MAGIC GRIDDLE CAKES

- 2 cups flour
- 1/2 tsp. salt
- 4 tps. baking powder
- 2 eggs
- 1 1/2 cups milk
- 2 tpsps. melted shortening

Sift dry ingredients into a bowl, add beaten eggs, milk and melted shortening. Mix well and drop by spoonfuls on slightly greased hot griddle or skillet. When bubbles appear, turn cakes and brown on other side. Do not turn a second time. Serve immediately on hot plate with butter or syrup.

DELICIOUS DOUGHNUTS

- 1 tsp. of melted butter
- 2 eggs, beaten
- 1 cup white sugar
- 4 level tps. baking powder
- 1 cup milk
- a little nutmeg, about 1/4 tsp
- 1 tsp. vanilla
- flour enough to roll out and fry in hot fat

Dissolve sugar in milk in a bowl. In another bowl, add melted butter, beaten eggs. Sift flour, baking powder, salt and nutmeg together, about 3 cups flour, paste.

POTATO PANCAKES

- 1 1/2 cups grated raw potatoes
- 1 tsp salt
- 1 egg
- 4 tpsps flour
- 1 tsp. baking powder
- dot of pepper

Grate potatoes and cook in greased pan.

GRIDDLE CAKES

- 2 cups all-purpose flour
- 3 tpsps. baking powder
- 1 tsp salt
- 1 tpsps sugar
- 1 1/2 cups milk
- 2 eggs
- 2 tpsps melted shortening

Sift together dry ingredients. Beat eggs until light and add to milk and shortening. Combine the two mixtures and blend well. Bake on hot griddle.



A good cherry pie with no sugar and little shortening.

RICE PANCAKES

One cup warm dry, boiled rice, 1 tsp butter. Mix lightly, add 2 1/2 cup milk mixed with 2 egg yolks beaten, and 1-3 cup thick sour cream. Add 1/2 tsp salt, sifted with 1 1/4 cups flour, 3 tpsps. baking powder and pinch baking soda. Mix well, put in 2 egg whites beaten stiff, drop batter by spoonfuls on a hot griddle or frying pan and bake until partly and light. Turn cakes and bake on other side. Delicious served hot.

DROP DOUGHNUTS

- 1 cup sugar
- 2 eggs
- 1/2 tsp. salt
- 1/2 cup cream
- 1 cup milk
- 2 tpsps. vanilla
- 1 tsp. nutmeg
- 2 tpsps. baking powder
- about 3 cups flour

Drop by tpsps into boiling lard and cook until high brown, dip and the spoon into the hot lard to prevent sticking.

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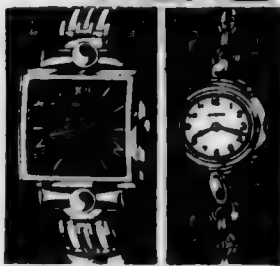
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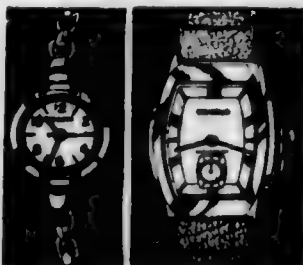
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Fish

LOBSTER A LA MORNAY

2 cups hot mashed potatoes
 1/2 cup grated cheddar cheese
 1 1/2 cups lobster, flaked
 1 egg yolk, beaten
 1 cup medium cream sauce
 1 cup buttered crumbs

Line butter casserole with mashed potatoes. Add cheese and egg yolk to cream sauce and pour half into the casserole. Add lobster, then remaining sauce. Sprinkle with crumbs. Bake in a moderate oven, 350 deg. F., for 20 minutes. Makes six to eight servings.

SALMON PATTIES

1 small tin of salmon
 the same amount of cooked dry rice
 1 egg, beaten
 salt and pepper

Form in patties, dip in egg then roll in cracker crumbs and fry till brown.

SALMON CROQUETTES

1 can salmon
 2 eggs
 1/2 cup of butter
 1 cup of fine bread crumbs
 1 tsp. baking powder in bread crumbs
 1/2 cup of cream
 1/4 tsp. of cayenne pepper
 salt to taste

Mix all together and make a pear shape. Roll in eggs and cracker dust, and fry light brown.

Scotch Short Bread

Half lb. butter, 1/4 cup fruit sugar, 2 cups sifted flour, 2 tbsps. rice flour, 8 drops vanilla. Sift flour on baking board, mix with hands till it forms a dough, divide in three parts, knead out scallop edges, prick with fork. Makes 3 rounds. Bake in moderate oven 20 minutes.

FISH SALAD

2 cups shredded lettuce
 1 can tuna fish or 1 1/2 lbs. any cold boiled fish
 1/2 cup French dressing
 1 tsp. onion juice
 1/2 cup mayonnaise
 1 cup finely cut celery
 1 tsp. chopped parsley

Line dish with lettuce, place fish in centre, pour over French dressing to which onion juice has been added and cover with celery; put mayonnaise on top, sprinkle with chopped parsley.

French Dressing

Put two tbsps. lemon juice or vinegar, 1/2 tsp. salt, 1/2 tsp. pepper, 1/2 tsp. powdered sugar and a few grains cayenne pepper into bowl, add 6 tbsps. oil, beating constantly, add 1/2 tsp. Worcestershire sauce if desired; serve very cold.

SALMON WITH RICE AND CHEESE

2 cups hot cooked rice
 2 cups medium white sauce
 2-3 cup grated cheese
 2 egg yolks
 2 cups cooked salmon
 1/2 cup dry bread crumbs

Boil 2-3 cup washed rice until tender, 15 to 25 minutes, drain well this will make 2 cups when cooked. Prepare white sauce by blending 4 tbsps. flour with 4 tbsps. butter melted and add 1 1/2 cups milk, slowly stirring it in, until thick and smooth. Add grated cheese and stir until it is melted. Add beaten egg yolks. Flake the salmon. In a greased baking dish put a layer of rice in the bottom, using about 1 cupful. Put a layer of salmon using one-half, moisten with sauce, using 1 cup. Cover with another layer of rice. Add remaining salmon and remaining sauce. Sprinkle with the bread crumbs. Dot over the top with butter and bake in a moderately hot oven of 375 deg. F. until heated through, and brown on top.

SALMON SALAD

2 cups salmon
 1 cup cucumbers, diced
 1/4 cup chopped sweet pickles
 2 hard boiled eggs
 1 tsp. salt and pepper
 2-3 cups salad dressing

Mix ingredients together and pour salad dressing over the combination.

SALMON SOUFFLE

3 tbsps. butter
 3 tbsps. flour
 1/2 cup milk
 1/2 lb. tin of salmon
 3 egg yolks
 3 egg whites, stiffly beaten

Melt butter, add flour and stir to a smooth paste. Add milk and cook until thickened, stirring constantly. Cool slightly and add salmon and egg yolks, mixing well. Fold in the egg whites. Pour into buttered baking dish and set in pan of hot water. Bake in moderate oven 350 deg. F. about one hour.

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SALMONETTES

1 cup canned salmon
 1 cup soft bread crumbs
 1 egg, beaten
 1 tbsp. minced onion
 1 tbsp. shortening, melted
 1 tbsp. chopped parsley
 2 tps. lemon juice
 pepper and salt to taste

Mix salmon with bread crumbs, add egg and seasoning and melted shortening, mix in croquettes, roll in fine dry bread crumbs and fry in deep shortening. Serve with white sauce or combined with green peas.

Eggs

BAKED WHITEFISH

Clean, wash and dry. Make a dressing as for chicken, stuff the fish. Put in roasting pan with a little water, cover for 20 minutes. Baste. Bake one or two hours according to size of fish.

CREAMED EGGS ON TOAST

1 tbsp. butter
 1 tbsp. flour
 1 cup milk
 1/2 tsp. salt
 1/4 tsp. pepper
 3 hard cooked eggs
 4 slices toast
 parsley

Method: Melt butter in a sauce pan, blend in flour and add milk slowly, cook until thick, season with salt and pepper and add the eggs, which have been sliced or quartered, cut toast in triangles and pour mixture over. Decorate with parsley. Variation: equal quantity of chipped beef and sliced eggs creamed.

FLAP-JACK EGG SANDWICHES

Break eggs on buttered frying pan. As each begins to cook round the edges, slap a slice of bread on each egg, hard. When cooked, turn over and fry bread on other side. Serve.

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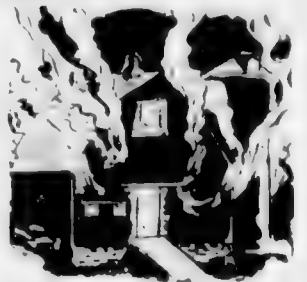
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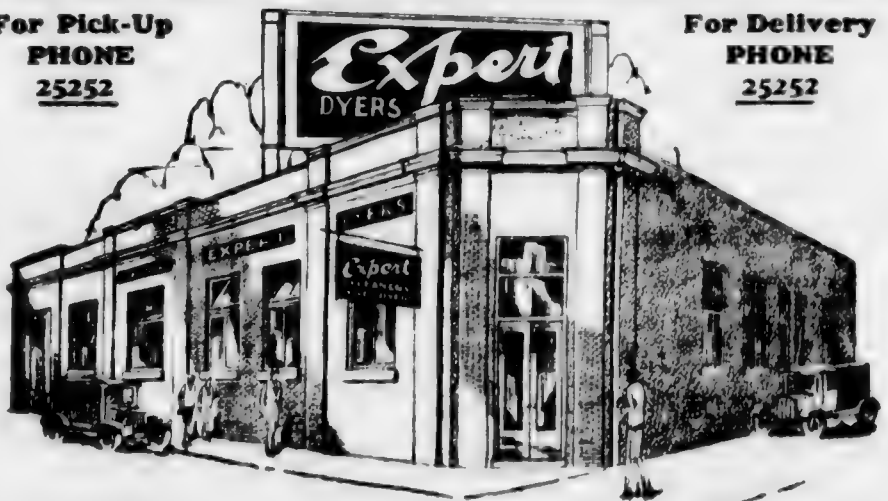
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Cookies

NUT CRISP

- 1/2 cup melted butter
- 1 cup brown sugar
- 2 cups oatmeal
- 1/2 tsp salt
- 1 tsp baking powder
- 1 tsp vanilla

Mix and pack in tin or press in metal pan. Bake in moderate oven for 15 minutes. While hot, let cool on wire rack.

OATMEAL COOKIES

- 1 cup shortening
- 1 cup white sugar
- 1 cup brown sugar
- 3 cups oatmeal
- 1 cup flour
- 2 eggs
- 1 tsp vanilla
- 1 tsp salt
- add a little milk

1/2 cup nut meats or raisins. Beat shortening, sugar, add nut meats, eggs, and vanilla. Mix thoroughly. Add oatmeal and flour. Drop by spoon on greased cookie sheet.

SUGARLESS COOKIES

- 1/2 cup shortening
- 1 pkg pudding powder
- 1 egg
- 1 cup flour
- 1 tsp soda
- 1 tsp cream of tartar
- 1 tsp vanilla
- 1 cup oatmeal
- pinch of salt

Mix and pack in tin or press in metal pan. Bake in moderate oven for 15 minutes.

PLAIN COOKIES

- 2 cups sugar
- 1 cup lard
- 1 egg
- 1 tsp nutmeg or vanilla
- 2 cups flour
- 1 cup sour milk or buttermilk
- 1 tsp soda
- 1 tsp salt

Beat well. Roll thin. Bake in moderate oven for 15 minutes.

MOLASSES COOKIES

- 1 cup molasses
- 1/2 cup ginger
- 1 cup shortening
- 1 tsp soda
- 2 cups bread flour
- 2 tbsps warm milk
- 1 tsp salt

Heat molasses to boiling point. Add shortening, ginger, soda. Beat in warm milk, salt and flour. Roll thin. Bake in moderate oven for 15 minutes.

BROWN SUGAR COOKIES

- 2 cups brown sugar
- 1 cup butter
- 2 cups flour
- 2 eggs
- 1 tsp baking soda dissolved in 1/2 cup water
- 1 tsp salt
- 1 tsp vanilla

Mix and pack in tin or press in metal pan. Bake in moderate oven for 15 minutes.

BUTTERSCOTCH COOKIES

- 1/2 cup shortening
- 1/2 cup brown sugar
- 1 egg well beaten
- 1 cup oatmeal
- 1 pkg butterscotch powder
- 1 tsp baking powder
- 1 tsp soda

Work in final mixture and roll thin. Bake in moderate oven for 15 minutes.

AUNT ELIZA COOKIES

- 1 cup sugar
- 2/3 cup lard or butter
- 2/3 cup sour milk
- 1 cup raisins, chopped
- 1 tsp vanilla
- 1 tsp soda
- flour to make stiff dough to roll 1/4 inch thick

Roll in flour. Bake in moderate oven for 15 minutes.

FRUIT COOKIES

- 2 cups brown sugar
- 1 cup lard
- 1 cup raisins
- 1 cup sweet mix
- 1 tsp soda
- 1 tsp baking powder

Mix and pack in tin or press in metal pan. Bake in moderate oven for 15 minutes.

JAM COOKIES

- 1 cup brown sugar
- 1 cup shortening
- 2 cups flour
- 4 tbsps cold water
- 1 tsp soda
- 2 tbsps baking powder
- 1 egg

Mix and pack in tin or press in metal pan. Bake in moderate oven for 15 minutes.



Combine eggs and vegetable with scarce ground beef for this tasty dish.

OATMEAL COOKIES

- 2 cups oatmeal
- 2 cups flour
- 1 cup butter or lard
- 1 cup sugar
- 1 tsp soda
- 1 egg
- 1 tsp salt
- 1 cup milk
- 1 tsp vanilla or lemon

Roll thin.

CHOCOLATE CHIP AND PEANUT BUTTER COOKIES

- 2-3 cup butter and shortening
- 2 cups brown sugar
- 1 egg well beaten
- 2 cups flour
- 1/2 tsp soda

Divide recipe in half and to one half add 1 plain chocolate bar chopped and to the other half add 1/2 cup peanut butter. Drop by spoon on greased cookie sheet.

CRISP COOKIES

- 1 cup butter or lard
- 1 cup sugar
- 2 cups flour
- 2 tbsps baking powder
- 2 tbsps milk
- 2 eggs
- 1 tsp vanilla or lemon
- 1/2 cup butter and sugar, add 1/2 cup egg whites, and baking powder. Roll thin and bake in moderate oven for 15 minutes.

RICH FRUIT COOKIES

- 1 cup lard
- 1 cup sugar
- 2 eggs
- 1 tsp soda in 1/2 cup hot water
- 2 cups flour
- 1 tsp salt
- 1 tsp cinnamon
- 1 cup currants
- 1 cup raisins
- 1 cup chopped nuts

OATMEAL COOKIES

- 2 cups flour
- 1/2 cup shortening
- 1 cup oatmeal
- 1 cup of brown sugar—to be beaten egg—add
- 1 tsp soda
- 1 tsp vanilla and enough milk to make 1/2 cup

Roll thin. Bake in moderate oven for 15 minutes.

PUDDING POWDER COOKIES

- 1 pkg caramel or butterscotch pudding powder (with sugar)
- 1 cup shortening
- 1 egg
- 2 tbsps brown sugar
- 1 cup sifted flour
- 1 cup rolled oats
- 1/2 tsp salt
- chopped walnuts if desired

Roll thin. Bake in moderate oven for 15 minutes.



GRAPE JUICE

Twenty lbs. grapes, 3 cups sugar and 2 qts water. Wash grapes and boil slowly. When thoroughly cooked turn into a jelly bag, let drip over night, add the sugar to the juice and boil 5 minutes. Bottle and seal.

ORANGE SHERBET

- 2 cups sugar
- 1 cup water
- 2 stiffly beaten egg whites
- 1 cup orange juice

Boil sugar and water for 5 minutes. Fold this syrup into egg whites. Add, beating in well, 1 cup orange juice and 1 cup water. Let freeze until stiff. Then beat or stir thoroughly. Return into freezer to finish freezing. (Makes one quart).

PINEAPPLE EGG NOG

- 2 eggs, separated
- 3 tbsps sugar
- 1/2 cup pineapple juice
- 1 cup milk

Beat egg yolks, add sugar and milk, fold in egg whites stiffly beaten, add pineapple juice and mix well. Serves two.

HOLLYWOOD PARADE

- 1 qt. orange juice
- 1 qt. orange sherbet
- 1 qt. vanilla ice cream
- 1 qt. chilled ginger ale

Beat orange juice, sherbet and ice cream with whirl-type beater until well mixed. Add ginger ale. Stir thoroughly. and serve at once from punch bowl. (Serves 30).

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Beverages

COCOA SYRUP

One cup cocoa, 2 cups sugar, 1 cup cold water mix well and boil 3 minutes. Then add 1/4 cup butter, 1/4 tsp. caramel flavor, pinch of salt, let cool. Add 2 well beaten eggs. Use 1 tbsp. to each cup of milk (either hot or cold milk).

HONEY LEMONADE

Place juice from 1 lemon and 1 tbsp honey in a cup or small bowl and mix until well blended. Add sufficient cold water and serve over crushed ice in tall glasses. More honey may be used if greater sweetness is desired. Orangeade can be made the same way.



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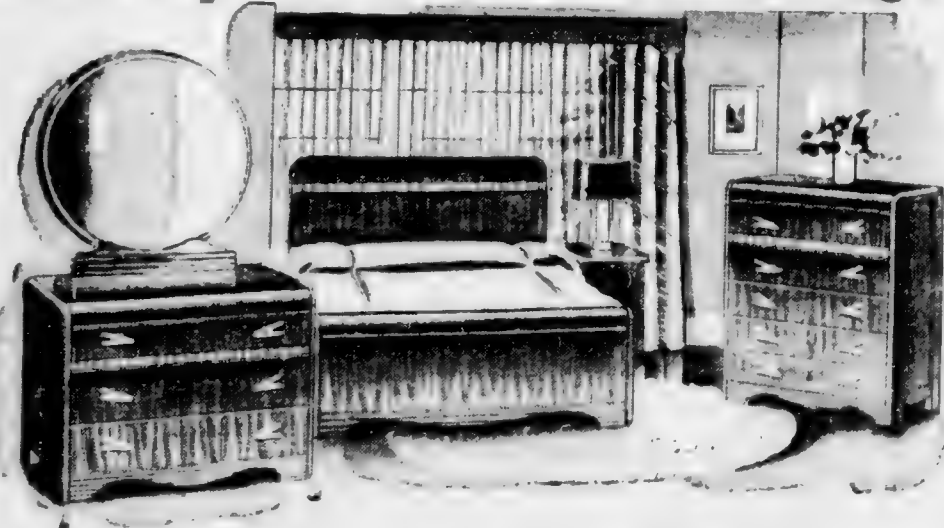
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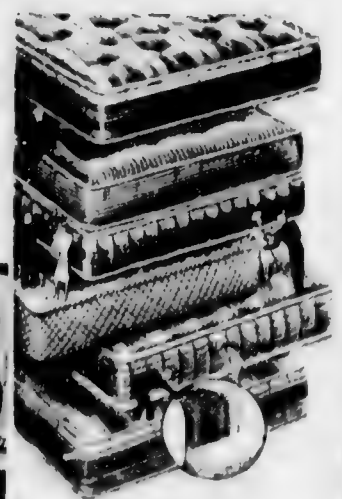
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Biscuits Buns

BRAN MUFFINS

1/2 tsp. butter
2 tbsps. sugar
2 eggs
2 1/2 cups flour
2 tbsps. baking powder
1 tsp. salt
1 cup sweet milk
1 cup bran
Cream butter and sugar and eggs and beat well. Sift dry ingredients together and add to first mixture alternately with milk. If batter is too stiff enough, add a little more flour. Put in well greased muffin pan and bake for 20 minutes in a quick oven.

NEVER FAIL TEA BISCUITS

2 cups sifted flour
2 tbsps. lard
1 tsp. soda
1 cup sweet milk
1 tsp. salt
2 tps. baking powder
Mix dry ingredients, cut in lard in small pieces size of a pea and add milk to make soft dough. Put on floured board and knead gently. Roll and cut with biscuit cutter. Bake in oven for 12 minutes.

CREAM BISCUITS

2 cups sifted flour
1 tsp. salt
1 tbsps. shortening
1 tbsps. baking powder
2 tbsps. sugar
1 1/2 cup sweet cream or fresh buttermilk
Mix flour, salt, sugar and baking powder. Cut in shortening until mixture is as fine as meal. Add cream or buttermilk slowly until a soft dough is formed. You may need quite 2-3 cup milk, depending on flour used. Don't have too moist. Knead lightly on floured board for about 1/2 minute. Never knead too much. Roll to 1 inch thick and cut with floured biscuit cutter and place on greased pyrexia. Bake in a very hot oven 400 deg. F. 15 minutes or 20 minutes.

ORANGE BISCUITS

2 cups flour
1 tps. baking powder
1 tsp. salt
2 tbsps. shortening
about 3/4 cup milk
Mix and sift flour, baking powder and salt and work in shortening. Add milk to make a dough soft enough to handle. Turn dough onto floured board and roll to about 1/4 inch thickness. Spread with a little orange marmalade and then the orange marmalade. Double it, press lightly and cut with a small round cutter. Bake in a hot oven 450 deg. F. for 15 minutes.

Weights, Measures, Temperatures

3 teaspoons	1 tablespoon
16 tablespoons, wet	1 cup
12 tablespoons, dry	1 cup
1 cup	1/2 pint or 2 gills
2 cups	1 pint
2 pints	1 quart
4 quarts	1 gallon
8 quarts	1 peck, dry
2 tablespoons sugar	1 ounce
2 tablespoons butter or butter size of egg	2 ounces or 1/4 cup
4 tablespoons cocoa	1 square chocolate
1 level tablespoon	3 teaspoons
2 level teaspoons	1 dessert spoon
2 level tablespoons sugar	1 ounce, avoirdupois
1 square grated chocolate	1 ounce, or 4 tablespoons
1 medium-sized egg	2 ounces
9 to 10 medium-sized eggs	1 pound
8 to 10 egg whites	1 cup
12 egg yolks	1 cup
Juice of 1 lemon	3 tablespoons
1 cup butter	1/2 pound
2 cups granulated sugar	1 pound
2 1/2 cups brown sugar	1 pound
4 cups flour	1 pound
2 cups rice	1 pound
2 cups chopped meat, tightly packed	1 pound
2 cups chopped suet, tightly packed	1 pound
3 cups raisins	1 pound
4 1/3 cups coffee	1 pound
1 cup chopped nut meats	1/4 pound

When sour milk is used, take 1 even teaspoon soda to a pint of milk; 1 teaspoon of baking powder is the equivalent of 1/2 teaspoon of soda and 1 teaspoon of cream of tartar.

In measuring flour in cup, tap measure lightly that no unfilled spaces remain.

QUICK TEA BISCUITS

2 cups flour
2 tbsps. baking powder
2 tbsps. lard
2 tps. sugar
1 cup sweet milk
pinch of salt
Sift well and drop from spoon in buttered gem pan. Bake in hot oven.

CHEESE BISCUITS

1 1/2 cups flour
2 tps. baking powder
1/4 tsp. salt
6 tbsps. grated cheese
2-3 cup milk
1 tbsps. shortening
When half baked place square of cheese on top of biscuits for extra flavor. Sift dry ingredients together, cut in shortening until mixed, mix in cheese lightly, add milk slowly, just enough to hold dough together. Roll out on floured board and cut 1/4 inch thick. Bake in hot oven 12 to 15 minutes. Makes 12.

JAM POCKETS

(Muffins)
2 cups sifted flour
3/4 tps. baking powder
1/2 tsp. salt
2 tbsps. sugar
1 egg
1 cup milk
2 tbsps. melted fat
jam
Mix and sift dry ingredients. Beat egg and milk. Make a depression in flour mixture, pour in milk and egg and melted fat. Stir just enough to combine. Half fill tins. Add 1 tsp. jam, then remaining butter to 2-3 full. Moderate oven.

APRICOT TEA MUFFINS

12 apricot halves, drained
1/4 cup brown sugar
1 tbsps. butter
1/4 cup butter
1/4 cup white sugar
1 egg, well beaten
2-3 cup milk
2 cups all purpose flour
3/4 tps. baking powder
1/2 tsp. salt
Put one apricot in each oiled muffin pan, hollow side up. Cover each with a teaspoon brown sugar. Dot with butter. Cream butter and sugar well, add beaten egg and combine add milk and stir in sifted flour and other dry ingredients. Drop by spoonfuls on apricots. Bake at 425 deg. F. for 20 minutes. Serve hot. Note: Don't overheat. Should be a rough looking mixture. Pineapple cut in pieces may be used.

CURRENT BUNS

Beat 1 egg into a cup and fill with sweet milk. Mix it with 1/2 cup of yeast, 1 cup sugar, 1/2 cup butter, enough flour to make a soft dough. Let rise then mold currants into buns. Let rise in pan before baking. Glaze with a little molasses or sugar and milk.

CINNAMON ROLL-UPS

2 cups sifted flour
4 tps. baking powder
1/2 tsp. salt
4 tbsps. shortening
1/4 cup milk (about)
brown sugar, cinnamon
1/2 cup raisins
Mix, sift first three ingredients. Cut in shortening until mixed. Add milk to make smooth dough. Knead 1 minute on lightly floured board, roll dough into 1/4 inch thick oblong. Sprinkle with brown sugar, cinnamon, raisins. Roll lengthwise, cut into 1-inch slices. Bake cut side down in greased muffin pans or pie pan in hot oven (450F.) 15 minutes. Makes ten.

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Meats

ROAST PORK AND SWEET POTATOES

- 4 or 5 lbs. loin rib or shoulder pork
- 6 to 8 parboiled sweet potatoes
- 1 tsp. sage
- 2 tps. salt
- 4 tsp. pepper
- 1 clove of garlic (if desired)

Wipe the pork with damp cloth, rub with garlic and season, salt, pepper, sage. Place on rack on basting pan, roast uncovered in a hot oven 300 deg. F., for 15 to 20 minutes. Reduce the oven to 300 to 325 and continue roasting, allowing 30-40 minutes per lb. Twenty minutes before roast is done parboiled sweet potatoes (peeled) around roast, baste occasionally with liquid in the pan. For gravy use 4 tps. pan fat. Stir 4 tps. flour into fat when smooth. Add two cups boiling water. Let boil up, stirring constantly, then season.

FRIED CHICKEN

- 3 lbs. frying chicken cut in serving pieces
- 1/2 cup shortening
- 1/2 cup water
- 1/2 tps. flour
- 1 tsp. salt
- 1 tsp. pepper
- 1 tsp. paprika
- 1 cup boiling water
- 2 tps. cream

Roll pieces of chicken in seasoned flour. Fry in hot shortening in deep skillet. Brown well on both sides, then reduce heat slightly, add water and cover. Cook for 15 minutes on each side or until tender. Pour oil from pan, add 1/2 cup fat, add flour, blend and pour over chicken. Add salt, pepper, paprika and boiling water. Stir and smooth, add cream, and blend. Pour ground chicken sauce.

MEAT LOAF

- 1 lbs. ground beef (or 1 lb. beef and 1/2 lb. pork)
- 2 onions
- 1 cup milk
- 1 egg (optional)
- 2 shredded wheat biscuits
- salt and pepper
- 1 tsp. celery salt or pepper
- 1 tsp. sage (or any poultry dressing)

Mix all together, grinding onions fine, put in greased baking dish and bake 300 deg. F. for 2 hours.

CHICKEN NOODLES

1/2 cup break an egg and fold up with half milk and half water. Thicken enough to roll with your finger. Bake in hot oven 300 deg. F. for 15 to 20 minutes. Add meat, chicken broth.

Resolutions For Housewives

By ALICE WATSON
Red Cross Nutritionist

- 1 Plan your weekly meals and food requirements before you go to buy.
- 2 Plan how to use your leftovers efficiently and tastefully to avoid all waste.
- 3 Buy according to the seasonal variations, also see how your meals comply with wartime regulations and the need for conservation of certain foods and using surpluses of others.
- 4 Choose foods to fit your pocketbook and family living arrangements.
- 5 Check through your fruit cellar early and work out your 1945 canning and preserving schedule.
- 6 Don't forget your Victory Garden and see how large a variety of vegetables you can grow this year.
- 7 And last, but not least stick to your "Canada Food Rules" to keep your family strong and healthy.

BEEF STEAK AND ONIONS

Take about 1 lb. 1 1/2 lbs. of round steak cut in pieces of size to serve. Lay on a board, sprinkle with salt and pepper and 1/2 cup of flour. Pound well, turning them over on the board to coat both sides. Have a frying pan or baking pan very hot, put in bits of suet or fat and sear steak on both sides. Slice as many onions as you like on top and season. Add 1 1/2 cups of boiling water, cover, simmer and bake in moderate oven, 375 deg. F. for 1 hour.

HAM SQUARES

Put a ham square in a greased oblong pan. Cover with a layer of biscuit dough. Bake in moderate oven, 375 deg. F. for 1 hour. Serve with chili sauce. Then cover with a second layer of biscuit dough. Bake in squares and serve with creamed hard-cooked eggs or cooked vegetables in cheese sauce.

OLD-FASHIONED CHICKEN PIE

- 1 4-5 lb. chicken
 - 1 cup cooked peas
 - 1 qt. water
 - 2 tps. salt
 - 1/2 tsp. pepper
 - pastry
- Put chicken in a greased oblong pan. Cover with hot water. Season with salt, pepper, and water. Place chicken in a greased oblong pan. Cover with a second layer of biscuit dough. Bake in moderate oven, 375 deg. F. for 1 hour. Serve with chili sauce.

- SWISS STEAK**
- 1 1/2 lbs. round steak
- 1/2 cup flour
- 1 1/2 tps. pepper
- 3 tps. fat
- 2 small onions, chopped
- 2 cups stewed tomatoes, tomato juice or water

The steak should be cut about 1 1/2 inches thick. Mix flour, salt and pepper. Spread half on board. Place steak on and add part of remaining flour. Turn often till both sides are well-floured. Heat frying pan and saute steak on both sides in hot fat. Add onions and tomatoes. Cover tightly and let simmer in oven 1 1/2 hours.

MEAT LOAF

Combine 1 lb. round steak (ground) with 2-3 cup uncooked oatmeal and 2-3 cup water. Season with minced onion, powdered mustard, ketchup, salt and pepper. Bind with well beaten egg and bake in moderate oven, 375 deg. F. for 1 hour.

BROILED HAMBURGER WITH MACARONI

- 1 cup macaroni
- 1 cup tomatoes
- 1 or 2 small onions

Cook until done, place small rack on top of macaroni with hamburger patties on. Broil slowly for 15 minutes. Add salt and pepper to taste.

NUT CAKE

- 1/2 cup shortening
- 1 cup sugar
- 2 eggs, separated
- 1 1/2 cups sifted cake flour
- 2 tps. baking powder
- 1/2 cup milk
- 1 tsp. vanilla
- 1 cup chopped nut meats

Cream shortening and sugar. Add egg yolks and beat well. Sift flour and baking powder, add with milk and vanilla. Add nuts and fold in stiffly beaten egg whites. Bake in a greased loaf pan in a 350 deg. F. oven 30 minutes.

BANANA CAKE

- 1 cup white sugar
- 1/2 cup butter
- 1 egg
- pinch of salt
- 4 tps. milk
- 1 cup well crushed banana
- 1 tsp. soda
- 1 1/2 cups flour
- 1 tsp. baking powder
- 1 tsp. vanilla

Cakes

MOIST CHOCOLATE CAKE

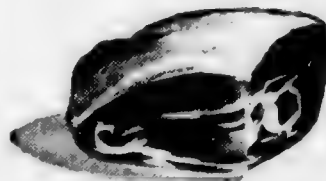
- 2 eggs
- 1 tsp. baking powder
- 1 tsp. baking soda
- 1 tsp. vanilla
- pinch of salt
- 1/2 cup shortening
- 1/2 cup cocoa
- 2 cups brown sugar
- 1/2 cup sour cream
- 2 cups flour

Mix ingredients, lastly add 1 cup boiling water. Do not add more flour as batter should be thin.

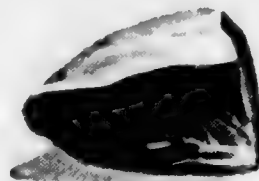
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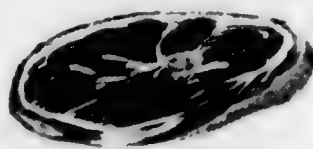
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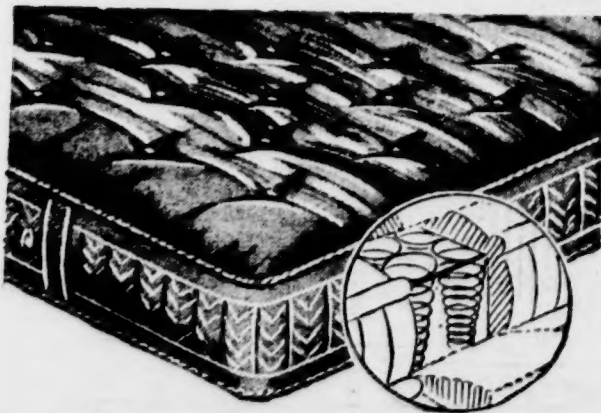


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Meats

BEEF LOAF

- 2 lbs. lean beef
- 2 eggs
- 1 tbsp. chopped parsley
- 2 tps. onion chops
- 1½ tsp. salt
- a little pepper

Chop the meat. Put everything but eggs in a bowl. Beat the eggs enough to mix it. Mix thoroughly together. Turn it into a roll about 8 inches long. Put the meat roll in the pan and bake it in a hot oven for 30 minutes. Baste every 10 minutes. Serve it on a hot platter with hot tomato soup or tomato sauce.

MEAT AND VEGETABLE PIE

- 1 lb. or more short rib boiling beef
- several small onions
- 3 large or 5 medium carrots
- 4 large or 6 medium potatoes

Cut boiling beef into small pieces, cover with water and cook after adding salt and several small chopped onions. In separate pan cook the vegetables which have been cut in small pieces after being peeled and washed. A small amount of turnip can be cooked with the carrots and potatoes. When vegetables are cooked combine with cooked beef in casserole with some of the juice (or in baking dish instead of casserole). Cover with pastry and cook in hot oven, 425 deg. F., until done. The following pastry may be used: 1½ cups flour, ½ tsp. salt, ½ cup shortening, 4-5 tbsps cold water. Mix as for pie pastry and roll.

HAM CROQUETTES

- 4 tbsps. shortening
- 5 tbsps. flour
- 1 tsp. salt
- ½ tsp. pepper
- 1 tsp. onion juice
- 1 cup milk
- 2 cups cooked ham coarsely ground
- 1 cup crushed cornflakes
- 1 egg, slightly beaten with 1 tbsp. water, ½ tsp. mustard

Melt shortening in saucepan. Add flour, salt, pepper, mustard and onion juice and blend. Add milk and cook until thick and smooth, stirring constantly. Add ham and blend. Spread mixture in 8x8-inch pan and chill until stiff. Then cut into 8 triangles by cutting mixture twice from corner to corner, then twice more through centre from side to side. Dip each triangle in cornflakes, then in egg then again in cornflakes. Fry in hot shortening (375 deg. F.) about 1½ inches deep 2 minutes or until brown. Serves 6.



Vegetable souffle takes the place of meat dish.

GROUND MEAT POT ROAST

- 2 lbs. ground meat (hamburger, minced veal, pork, lamb, etc.)
- 1 egg
- 1 cup milk
- 1 cup ground crackers or dry bread crumbs
- ¼ cup finely chopped onion
- 2 tps. salt
- ¼ tsp. pepper
- 1 cup tomato juice seasoned with 1 tbsp. brown sugar and 1 tsp. mustard, or
- 1 cup gravy seasoned with 1 tbsp. brown sugar and 1 tsp. mustard or prepared horseradish and 1 tbsp. vinegar
- 6 medium carrots
- 6 medium potatoes
- ½ medium onions

Beat egg, add milk, meat, crumbs, onion and seasonings. Mix well and shape into a loaf with a depression in the centre. Place in a roasting pan and bake, uncovered, for 30 minutes in a moderate oven, 350 deg. F. Pour the seasoned tomato juice or gravy (made from the drippings in the pan) into the depression in the meat loaf. Place carrots, onions, potatoes around loaf, cover and return to oven. Cook at 350 deg. F. for 1 hour longer. Very good either hot or cold.

MEAT CEREAL LOAF

- 1 cup shredded wheat crumbled
- 1 lb. of ground beef
- ½ lb. of ground pork
- ¼ cup onion
- ½ cup grated raw carrot
- ½ tsp. pepper
- 1½ tsp. salt
- 1 tsp. Worcestershire sauce
- 1 egg, beaten
- ¾ cup of milk

Combine all ingredients and mix well. Press into greased loaf pan. Bake in moderate oven.

MEAT BALLS IN TOMATO SAUCE

- 1 green pepper
- 1 lb. chopped beef
- 1 large tomato or 1 can tomato soup
- 1 large onion

Chop onion and green pepper and put them in saucepan. Add tomato soup or chopped tomato. Cook for 15 minutes, then add chopped meat made into well-seasoned balls and cook until meat is done, at least ½ hour. Serves 4.

HAMBURG SURPRISES

- 1 lb. of hamburger
 - ½ cup bread crumbs
 - 2 onions
 - 2 tomatoes
 - 16 slices of bacon
 - ¼ tsp. salt and ¼ tsp. of pepper
- Mix hamburger, bread crumbs, salt, pepper, and a little milk if necessary. Make into ½-inch thick cakes. Place fairly thick slices of onions on each cake, then a slice of tomato. Salt between each layer and cross 2 strips of bacon over the top of each cake and fasten with a toothpick. Bake 40 minutes at 350 deg. F., preferably on a greased rack in a large pan. Serves around 8 people.

LAMB AND VEGETABLE MEAT CAKES

- 1 lb. boned lamb shoulder
- 4 small pared carrots
- 1 small peeled onion
- ¼ cup canned peas
- 1 teaspoon salt
- 1 egg, beaten
- ½ tsp. pepper
- flour
- 3 tbsps. fat
- ½ cup hot water
- 1½ cups cold water

Put the lamb, carrots and onion through the medium blade of food chopper. Add the peas, the seasonings and egg. Mix thoroughly. Shape into small balls and roll in a little flour. Melt fat in a skillet and cook meat balls slowly until browned on all sides. Add the hot water, cover skillet, and cook very slowly for 10 minutes. Remove the meat balls and keep hot. Add 4 tbsps. flour to the fat in skillet. Cook until brown and smooth, stirring constantly. Then add cold water slowly, while stirring constantly. Cook and stir until gravy thickens. Pour over the meat balls.

A MAN'S MEAT LOAF

- 1½ lbs. ground round steak
- 2 tbsps. butter
- 1 egg
- 1 cup dried bread crumbs
- 1 cup cooked tomatoes
- ½ cup milk
- 2 tps. salt
- 1½ tps. mustard
- 4 tbsps. chopped onion

Combine bread crumbs, eggs, onion, seasoning; add tomatoes and milk; mix well and bake in a loaf tin. Serves 8.

PIGS' KNUCKLES AND SAUERKRAUT

Four pigs' knuckles, 3 tps. salt, 2 qts. boiling water, 1 qt. sauerkraut. Place whole knuckles in boiling salted water, cover and simmer until meat is tender, about 2½ to 3 hours. 20 minutes before serving pour off most of the water and add sauerkraut; heat thoroughly. Serve on a bed of sauerkraut. Serves 4.

STEWED LIVER

2 lbs. liver, cut fine
2 medium-sized onions, cut fine
4 or 5 carrots, diced
Roast until brown, then add 1 tin waxed beans. Let cook again for 5 minutes.

SALISBURY PIE

- 1 lb. ground beef
- 1 tsp. salt
- a few grains of pepper
- ¼ cup milk
- 2 cups soft bread crumbs
- ½ cup grated carrot
- ¼ cup finely chopped celery
- 1 tsp. salt
- 1 tbsp. minced onion
- ¼ tsp. poultry seasoning
- 2 tbsps. butter or dripping

Mix beef, salt, pepper and milk. Press ½ of mixture into an 8-inch greased pie plate. Mix the bread crumbs, carrot, celery, salt, onion, poultry seasoning and butter or dripping, and place on the meat mixture. Then cover with the remaining meat mixture. Bake in hot oven (400 deg. F.) for 30 minutes. Garnish with onions. Serves 4.

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